Hydropathy: Or The Cold Water Cure As Practiced By Vincent Priessnitz At Graefenberg, Austria

R. T. Claridge

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HYDROPATHY;

OR,

THE COLD WATER CURE,

AS PRACTISED BY

VINCENT PRIESSNITZ,

AT

GRAEFENBERG, SILESIA, AUSTRIA.

BY

R. T. CLARIDGE, ESQ.,

Author of the "Guide along the Danube to Turkey and Greece, and overland to India;" Member of the Arcadian Academy, Rome.

"In proportion as any branch of study leads to important and useful results,—in proportion as it gains ground in public estimation,—in proportion as it tends to overthrow prevailing errors,—in the same degree it may be expected to call forth angry declamation from those who are trying to despise what they will not learn, and wedded to prejudices which they cannot defend. Galileo probably would have escaped persecution, if his discoveries could have been disproved, and his reasonings refuted."—DR. WHATELEY.

THIRD EDITION.

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1. Das Ganzenbad = Half Bath.
2. Das Kopfbad = Head Bath.
3. Das Sitzbad = Sitting Bath.
4. Das Douchbad = Douch Bath.
5. Das Schwitzen = Sweating.
6. Gang to the Bath after Sweating.

PREFACE

TO THE THIRD EDITION.

THE publication of a Third Edition of this work, in the short space of three months, would be evidence of its having excited considerable attention, if this conclusion were not confirmed by the fact of several imperfect extracts in the form of Pamphlets, having made their appearance, and by the formation of an Hydropathic Society, the members of which pledge themselves by their prospectus, if the system be found worthy of public notice, to propagate its adoption as a matter of humanity.

Numerous public and private successful experiments have been made. Many medical men have declared their intention of introducing the Cold Water system, either wholly or in part, into their practice; and arrangements are making for commencing Establishments to afford invalids in England, the like advantages that are known to result from similar establishments on the Continent.

With this view, Mr. Weiss, of Freiwaldau, (the town of which Graefenberg forms a suburb,) whose habits and manners are of the same unpretending character as those

value of Hydropathy, by proving its want of novelty, and by showing it to be founded on well-known and well-established principles, admitted, and long acted upon to a certain extent, by the Medical Profession, I owe a large debt of gratitude; my object *not* being to prove that it is *new*, but that it is *useful*; while at the same time I must, in justice to Mr. Priessnitz, add, that I have never yet met with a medical man bold enough to assert that the particular modes of applying cold water, as adopted at Graefenberg, were not many of them entirely original.

R. T. C.

May 23*rd*, 1842.

N.B.—At the suggestion of many of the friends of humanity, who wish to give a greater circulation to the principles of Hydropathy, I have acquiesced in the publication of an abstract of this work, to be sold at a price which will bring it within the reach of all classes.

PREFACE.

It is easy to conceive that any thing so novel and so extraordinary as Hydropathy, on being first made known to the British public, will create no little surprise. But how much will this be increased by the knowledge of the fact, that at Graefenberg, within two days' journey from Dresden, and only eight or ten days' from London, there exists one of the greatest benefactors of mankind, one of the most astounding geniuses of this or any other age —the founder of a system—by which he proves, beyond the power of contradiction, that all curable diseases, and many declared by the faculty beyond the power of their art, are to be cured by the sole agency of cold spring water, air, and exercise (the first applied in manifold ways); that the aid of this second Hippocrates has been sought from 1829 to the present time, by upwards of 7000 invalids, the greater part of whom were of the better orders of society; that between forty and fifty Hydropathic establishments have sprung up in different parts of Germany, Hungary, Poland, and Russia, chiefly presided over by medical men, and that books have been

published on the subject in almost every continental language, and comments made in the greater part of the German papers: yet this most interesting and highly valuable discovery, one calculated to ameliorate, both physically and morally, the condition of mankind, more, perhaps, than any other made since the dawn of Christianity, is altogether unknown in England. This leads us to inquire into the causes of this very singular fact. Graefenberg is in an isolated position, out of the regular tract of English migrations, leading to no place of consequence. To go thither, the English must diverge from all the leading routes. This may be the reason why so few of our countrymen find their way to Graefenberg; but I confess I am utterly at a loss to account for the silence which prevails in the literary and medical world on this highly important subject.

In our little coterie at Graefenberg, consisting of three other Englishmen, besides myself and family, the absence of our sick friends was ever matter for regret, and we constantly wished that certain noble characters in our own country, whom we knew to be suffering from chronic complaints, were acquainted with this mode of treatment, being fully persuaded that they would be radically cured if they adopted it; nor could we, when referring to the past, but lament the recent loss of many distinguished individuals that are now slumbering in their tombs, but who, if it had been known to them that such a man as Priessnitz existed, might, at that moment, have been living ornaments of their country.

To such men as Oertel, Brand, Kroeber, Kurtz, Ruppricht, Doering, Harnish, Mundé, Rausse, Raven, Gross, Schnizlein, and others, the world is indebted for

having by their works, made known the marvellous cures effected by that retiring, that most unpretending man, Vincent Priessnitz; who never caused a line to be written, and whose only mode of giving publicity has been an arduous discharge of the responsible duty he had undertaken.

After examining into the merits of these works, and finding that they were the productions of non-medical as well as medical men—a circumstance the less surprising as they only treated of water—I felt, that I should be guilty of a dereliction of my duty to my country, if I did not exert my humble efforts to promulgate the benefits of the system, which they so warmly advocated. The task of showing how people might extend the term of their existence, eschew poisonous drugs, be relieved from disease, and live and die without pain, promised to afford me a pleasure which, although unacquainted with the abstruse terms used in medicine, I confess I could not resist. At first, I intended translating one of those works into our language, and selected Mundé accordingly; but on reflection, I thought it better to make a compilation from them all, conceiving that the public would be better inclined to give credence to the opinions of such high and multiplied authorities, than to the assertions, however reasonable, of one individual.

I doubted at first the prudence of giving the manner in which complaints are treated as Mundé has done, except in minor cases, it being admitted by every one, acquainted with Hydropathy, that there can be no undeviating rule on the subject.

But, as it was natural to expect, that many would doubt the efficacy of water in some, although they

might admit it in other complaints, whilst practitioners might desire information on so important a subject.

I at length determined to adopt Mr. Mundé's plan, and in order not to incur any responsibility, I have translated that part of his work, which comprises the treatment of cases, as far at least as I found that they agreed with Mr. Priessnitz's present practice, or were confirmed by the inquiries I made relative to them.

It must at the same time be observed, that I do not see how individuals, who are in no other way acquainted with the treatment than what they may learn from the perusal of books, are to carry it into execution, particularly in, or what would appear, dangerous complaints, without the assistance of some one who understands Mr. Priessnitz's mode of treatment. For that which constitutes the singularity of his system is, that although cold water is the chief element used, no two persons, as far as I could discover, were treated exactly alike; the different applications being moderated or increased according to the age, sex, and strength of the invalid. Indeed, much judgment seemed to be required in adapting the treatment, to the obstinacy or pliancy of the complaint, and this more especially at the period of a crisis.

The most unbounded respect is paid to Mr. Priessnitz's genius, nor are his patients ever wanting in confidence. At Graefenberg, no one seems to think that Hydropathy can be properly administered at any of the other establishments in Germany or elsewhere; for although the application of cold water appears a knowledge so easy of acquirement, it is a prevailing and constant fear, that should Providence be pleased to remove this extraordinary man, Hydropathy will again fall

into a dormant state, if not into total disuse: not that he will want imitators, but, because it is doubtful if the present or any future generation will ever look upon his like again.

However, these fears appear to me to be unfounded, because, although other practitioners in the science may not succeed as invariably as Mr. Priessnitz has done, they will still be more successful than all other medical men, whether their treatment be homœopathic or allopathic.

In a preface, the author is excused saying something of himself, a subject that generally proves annoying, and which will, no doubt, be so in the present instance; I therefore advise the general reader to proceed to the subsequent pages of the work, but still beg to claim my privilege; and more especially address myself to invalids, with a view of removing difficulties, by showing them the difficulty I myself found in making up my mind to proceed to Graefenberg, the obstacles I met with, the mode of treatment I there experienced, and its results. The invalid having read the powerful reasonings of the different authors quoted in the following pages, most of whom had ample opportunities of witnessing the wonderful effects of water, which they treat of, during the time they were undergoing a cure themselves, will naturally ask his medical adviser if he know anything of Graefenberg or Hydropathy; the latter will of course answer in the negative. Consequently, if he puts another question as to the propriety of going there, we may easily anticipate the answer; this, in many cases, will decide the patient on bearing his sufferings as well as he can, continuing deleterious drugs, &c.; but the invalid who prefers becoming

a pilgrim to the temple of Hygeia, must summon up his courage, and be determined not to listen to any arguments opposed to his going, for I believe I never named my intention of proceeding to Graefenberg in any society where the Water Cure was totally unknown, but every effort was used, by arguing with me, by intriguing with my family, and by summoning up a whole host of imaginary horrors, to deter me from so doing. But, on the other hand, I never made known my destination to any persons who had been at Graefenberg themselves, or who knew any one who had been there, that did not strongly approve of my plan, and who did not speak of the astounding success of Priessnitz in his treatment of disease, in the strongest terms that language could express.

Some years ago, a friend of mine at Gratz in Styria, who had received in his own person a most miraculous proof of the efficacy of the treatment at Graefenberg, strenuously recommended me to go there; but as almost every one is prodigal of advice, and as one every day hears of some vaunted panacea, it made no more than a momentary impression upon me, and was, therefore disregarded. My attention was first seriously drawn to the subject, by a distinguished officer of marines at Venice, who was some years ago so reduced by fever in the East, as to be unable to continue the service in which he was then engaged. Mr. Priessnitz, whom he met at Vienna, advised him to drink bountifully of cold spring water, and to use it constantly in external ablutions. From that time to the present he has seldom failed in drinking from ten to fourteen glasses of water a day, and bathing in the Adriatic winter and summer; during which period, he was unconscious of

pain, and became strong and robust. Seeing me attacked by rheumatism and head-ache, to both of which complaints I have been subject for the greater part of my life, my friend strongly advised me, in the winter of 1840, to follow his example.

At an evening party at Venice, I was introduced to one of the leading medical men who attended the Imperial Court at Vienna, and the British Embassy in that city; on my inquiring of him if he knew any thing of Graefenberg, he told me that as empirics are not permitted to practise in Austria, some years ago, on a complaint being addressed to the government of Vienna, against Mr. Priessnitz, the Aulic Council appointed him and two others to proceed to Graefenberg, to inquire into and report upon the truth of the allegations, the danger or utility of the system, etc., that he proceeded there, as directed, and without entering into details, he would leave me to judge of what he thought of it, by the fact, that Mr. Priessnitz was not only allowed to practise, but was honoured by the friendship of some of the members of the Imperial family.

On asking him if he thought the treatment would be advantageous to me, he replied in the affirmative, and said that he frequently sent his own patients to Graefenberg.

On arriving at Rome, after being confined to my bed and room at Florence for nearly two months, I endeavoured to induce a friend, who was extremely ill, to accompany me to Graefenberg; this he would not consent to, without first speaking to his medical adviser, who was a German. Much to the credit of this liberal man, he answered my friend's inquiry by saying, "You are too much reduced for so long a journey at present;

or I should advise you to undertake it; for I have been myself at Graefenberg, and have seen Priessnitz undertake cures, from which any medical man would have shrunk. I fancy he is so completely ignorant of human anatomy, that if asked where the liver was situated, he would be at a loss to say; but that he can cure the liver complaint, there is not the slightest doubt. Whilst there," he went on to say, "I witnessed cures of such an extraordinary nature, as to lead me to believe that Priessnitz must be acting under divine inspiration." Failing to persuade my friend to go, I nevertheless prevailed upon two of my countrymen to precede me to Graefenberg. Now although my mind was fully made up to go there, I confess that my confidence was often shaken by the fears sometimes very forcibly expressed by persons I fell in with by the way; but I always determined on going and judging for myself.

On arriving at the establishment at Graefenberg, and finding all the rooms engaged, I was compelled to descend to the town of Freiwaldau, at the bottom of the mountain, where strangers are sure of finding accommodation. The arrival of an English carriage and family, probably for the first time, was too important an event not to be immediately known to everybody. Consequently, early the following morning, our countrymen, whom I had persuaded to go; one, a medical man, who had been there two months, the other one month, called upon me to invite my family up to the establishment that day to dinner. These gentlemen, on our meeting, declared that they owed me an eternal debt of gratitude, for having directed their attention to Graefenberg, adding, "when we came here we were encased in flannel, to which we have said adieu for ever: our appetites are excellent; and above all, we sleep well, and

exercise never tires us. We have now acquired a buoyancy of spirits quite incredible; had any one told us three months ago it was possible to attain it, we should have treated the idea as chimerical." They then expressed an opinion that it was flannel, abstaining from drinking water, and ignorance of its value in ablutions, and not the damps of England, that caused so many to seek health in other climes, to the evident disadvantage of our own country.

At dinner there were between 200 and 300 persons, of all ages and all ranks in society, who, with perhaps half a dozen exceptions, were invalids, a circumstance which no one unacquainted with the fact would have suspected; for I could not help remarking the happy, healthy looking countenances of all around, and the merry laugh and mirth which burst from every part of the large saloon. On expressing my surprise to the English doctor, he said, "You will find difficulty, no doubt, in believing that there are, to my knowledge, forty or fifty persons here, who, but for Priessnitz, would have been consigned to their tombs, and not have been living here to-day to tell their tales; and that there are, perhaps, twice as many more who, under any other treatment, would have been confined to their beds. On looking at these people you must bear in mind that they are not on a par with the casual occupants of an hospital; for the majority of them have come here after having consulted all the celebrated doctors within their reach, and tried the mineral waters in Germany in vain: that they are people who only abandoned their medical advisers when it became too apparent that they could receive no assistance from them, or when they could no longer be induced to follow their prescriptions; therefore, the majority of these

cases may be considered more advanced and confirmed than the common run of an hospital; that disease is too firmly rooted in their systems to be relieved by the ordinary practice of the faculty, most of them being considered incurable." The doctor added, "If any thing could be adduced to show that invalids can live, digest, and become strong without the aid of drugs, it would be the fact, that amongst the large number of people, both here and at Freiwaldau, some of whom have been many months under the treatment, not a grain of medicine has been taken by any one of them since their arrival. Notwithstanding they eat with appetites that, but for the dissolving power of water, would cause them to die of indigestion. As there is no wine, mustard, or pepper on the table, people think no more of such things than if they were not."

One can easily imagine much gaiety and cheerfulness to exist at the public tables of the different Spas, or at other watering places, as they are devoted to recreation and amusement; but in an hospital, where almost every disease known in Europe is to be found, the existence of such gaiety appears incomprehensible except to those who have been some time at Graefenberg, and have witnessed the soothing power of water in the alleviation of pain, and the buoyancy of spirits which it promotes, by regulating the digestive powers.

"Look at your neighbour to the right," said the doctor; "he came here twelve months ago on crutches, having previously been a year in bed. His disease, the gout, being an old hereditary complaint, he is not yet cured; but one thing he will tell you, that though in pain when he first came, it soon ceased, and he has never been confined to his room an hour

since, nor did he ever enjoy finer health. Then look at that young lady opposite. From childhood, she had scrofula in her face and neck to such an extent, that she was an object of pity to all who saw her; she has been here nine months, and is now so completely recovered, that she is considered the beauty of the room. That officer near her is suffering from a wound in his leg. At first it withered away until it became no larger than a man's wrist; the surgeons said, nothing but amputation remained. Upon which he came here, and now his limb has resumed its flesh and will shortly be perfectly restored. Yonder female walking with a stick, was brought here six weeks ago in wet sheets. She had been confined to her bed and room, until she lost the use of her limbs, and so became a perfect skeleton; she now walks tolerably well with a stick, and in a fortnight, it is expected, she will do without it."

He then pointed out a child, who had lost the use of his legs from scrofula, but now perfectly recovered. Another person was tormented for years with tic douloureux, who, after remaining here a few months, became perfectly cured. There is an officer now recovered from hernia, and there several others from rheumatism. "That gentleman," said he, "is a field-marshal in the Prussian service; eighty-seven years old: he came here on crutches, with the gout, two months ago. He is delighted with the treatment, and now walks about these mountains, with the use only of a stick. He intends staying here through the winter. That lady from Moscow has a child only three years old, distorted by a spinal complaint; four months ago, the poor infant could not stand erect, now it plays about, and is as happy as the other children: in six months' time, it

will be perfectly cured." In fact, such a number of singular and extraordinary cases were pointed out to me by my friend, whose knowledge of the facts and veracity could be depended upon, that I no longer doubted the astounding accounts I had so frequently heard of the cures effected at Graefenberg. The saloon was noble and spacious; but as to the dinner and attendance, I thought nothing could be worse; and no barrack in England could be more divested of what is understood by the term comfort (a word not yet introduced into the German language) as regarded the sleeping apartments. I now debated with myself the possibility of all these people being fanatics—fanatics they certainly were in one sense of the word; but were they deceived? No, no,—this could not be; because here were men of all nations, creeds, and professions, of variously constructed minds, and amongst them, several of the medical profession, who had come here to be cured themselves, and to learn the mode of cure. Nothing but the real merit of the system could induce people to suffer the privations to which they were here subjected; and the certainty of their disease being cured, and their constitutions radically restored; this alone induced them to submit to such privations. Having at last made up my mind to become one of Priessnitz's patients, I was prepared for his coming in the morning.

The first thing he did was to request me to strip and go into the large cold-bath, where I remained two or three minutes. On coming out, he gave me instructions, which I pursued as follows:—

At four o'clock in the morning, my servant folded me in a large blanket, over which he placed as many things as I could conveniently bear; so that no external

air could penetrate. After perspiration commenced, it was allowed to continue for an hour; he then brought a pair of straw shoes, wound the blanket close about my body, and in this state of perspiration I descended to a large cold-bath in which I remained three minutes; then dressed and walked until breakfast, which was composed of milk, bread, butter, and strawberries, (the wild strawberry in this country grows in abundance, from the latter end of May until late in October;) at ten o'clock I proceeded to the douche, under which I remained four minutes, returned home, and took a sitz and foot-bath, each for fifteen minutes; dined at one o'clock; at four proceeded again to the douche; at seven repeated the sitz and foot-baths; retired to bed at half-past nine, previously having my feet and legs bound up in cold wet bandages. I continued this treatment for three months, and, during that time, walked about 1000 miles. Whilst thus subjected to the treatment, I enjoyed more robust health than I had ever done before; the only visible effect that I experienced, was an eruption on both my legs, but which, on account of the bandages, produced no pain. It is to these bandages, the perspirations, and the baths, that I am indebted for the total departure of my rheumatism.

Whilst thus near Priessnitz, and when consequently I had no fear of the result, by way of experiment, I determined, one thorough wet day, not to change my clothes, which were completely saturated, and in this state I sat until they were completely dry: the consequence was, that in the night I awoke with a distracting head-ache, parched tongue, a slight sore throat, and the next morning felt no appetite, but a general languor of body. By the following detail of this case, the reader will judge how

easily a cold of this nature is generally cured by Hydropathy. I laid in the kotz, or blanket, went into the cold-bath as usual, and in the afternoon was enveloped in a wet sheet for an hour, until perspiration commenced, then sat in the half-bath (not quite cold), and was rubbed all over by two men for twenty minutes; walked out as usual; at night, on going to bed, wore the bandages, or umschlags, on my breast and back of the neck; next day repeated the same, and the third day was perfectly recovered.

My family have all proved the beneficial effects of Mr. Priessnitz's treatment. The night before our departure, the patients gave their annual ball, in the great room of the establishment, in commemoration of Mr. Priessnitz's birthday. The whole of the buildings belonging to him were illuminated, both inside and out, at their expense. In this assembly, consisting of about 500 persons, no stranger would have believed, had he been unacquainted with the fact, that its members were chiefly composed of invalids. Tears were frequently observed to steal from the eyes of many who blessed the great man for their restoration to health; and I do not know a more touching scene than seeing invalids, who, by his means, had regained the use of their limbs, approach him, throw their crutches at his feet, and join in the maze of the waltz. Monarchs might have envied him his feelings on such occasions.

On the day of our departure we had been at Graefenberg three months, during which time our health was perfectly established; we acquired the habit of living more moderately, of taking more exercise, of drinking more water, and of using it more freely in external ablutions than we were accustomed to, and, I may add,

that we have learned how to allay pain, how to ward off disease, and, I hope, how to preserve health. My sojourn at Graefenberg will ever be a matter of self-congratulation to me, and will be amongst my happiest recollections. If I am instrumental in relieving the sufferings of my countrymen,—if I succeed in bringing to their notice a system calculated to be of such essential benefit to them,—if I can prevail upon them to participate in the happy effects of the treatment which I have myself experienced, my feelings of satisfaction, arising from my residence at Graefenberg, will be heightened in no ordinary degree.

R. T. C.

131, *Piccadilly*, *Jan.* 21*st*, 1842.

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HYDROPATHY.

CHAPTER I.

LONGEVITY, WATER, ETC.

It is an admitted fact that disease has increased, and the duration of human life decreased, from the time of the patriarchs up to our own days, and this more especially in civilized countries; but the cause of this fact, which does not appear to lie very deep, we interest ourselves very little about. We have instances of persons living to very advanced ages in all times; and are, therefore led to conclude that, as nature's laws are immutable and unchangeable, there is no reason for supposing that if those laws were complied with, there would be any exception to the attainment of longevity. Of all organic beings or things, man is most subject to premature decay. Combe, in his highly talented work, "The Constitution of Man considered in relation to External Objects," says, "I hope I do not err in stating, that neither disease nor death, in early and middle life, can take place under the ordinary administration of Providence, except when the organic laws have been infringed; the pains of premature death, then, are the punishments of infringement of the organic law: and the object of that

chastisement probably is, to impress upon us the necessity of obeying them, that we may live, and to prevent our abusing the remedial process, inherent, to a great extent, in our constitution." That death in old age is the natural institution of the Creator, is made evident from all the philosophic reasoning which we bring to bear upon the subject.

Man is an organized being, and subject to the organic laws. An organized being is one which derives its existence from a previously existing organized being, which subsists on food, which grows, attains a maturity, decays, and dies. The *first* law, then, that must be obeyed, to render an organized being perfect in its kind, is, that the germ from which it springs shall be complete in all its parts, and sound in its whole constitution. If we sow an acorn in which some vital part has been destroyed altogether, the seedling plant, and the full-grown oak, if it ever attain to maturity, will be deficient in the lineaments which are wanting in the embryo root: if we sow an acorn entire in its parts, but only half ripened, or damaged in its whole texture by damp or other causes, the seedling oak will be feeble, and will probably die early. A similar law holds in regard to man. A *second* organic law is, that the organized being, the moment it is ushered into life, and so long as it continues to live, must be supplied with food, light, air, and every other physical element requisite for its support, in due quantity, and of the kind best suited to its particular constitution. Obedience to this law is rewarded with a vigorous and healthy development of its powers, and, in animals, with a pleasing consciousness of existence, and aptitude for the performance of their natural functions; disobedience is punished with feeble-

ness, stunted growth, general imperfections, or early death. A single fact will illustrate this observation. At the meeting of the British Association, held in Edinburgh in 1834, there was read an abstract, by Dr. Joseph Clarke, of a Registry kept in the Lying-in-Hospital of Great Britain Street, Dublin, from the year 1758 to the end of 1833; from which it appeared that, in 1781, when the hospital was imperfectly ventilated, every sixth child died within nine days after birth, of convulsive disease; and that after means of thorough ventilation had been adopted, the mortality of infants, within the same time, in five succeeding years, was reduced to nearly one in twenty. A *third* organic law, applicable to man, is that he shall duly exercise his organs, this condition being an indispensable prerequisite of health. The reward of obedience to this law, is enjoyment in the very act of exercising the functions, pleasing consciousness of existence, and the acquisition of numberless gratifications and advantages, of which labour, or the exercise of our powers, is the procuring means: disobedience is punished with derangement and sluggishness of the functions, with general uneasiness or positive pain, and with the denial of gratification to numerous faculties. It will not be denied that the due exercise of the osseous, muscular, and nervous systems, under the guidance of intellect and moral sentiment, and in accordance with the physical laws, contributes to human enjoyment; and that neglect of this exercise, or an abuse of it, by carrying it to excess, or by conducting it in opposition to the moral, intellectual, or physical laws, is punished with pain.

The external world appears to be wisely and benevolently adapted to the organic system of man; that is,

to his nutrition, and to the development and exercise of his corporeal organs. The natural law appears to be, that every one who desires to enjoy the pleasures of health, must expend in labour the energy which the Creator has infused into his limbs. A wide choice is left to man, as to the *mode* in which he shall exercise his nervous and muscular systems: the labourer, for example, digs the ground, and the squire engages in the chase; both pursuits exercise the body. The penalty for neglecting this law is imperfect digestion and disturbed sleep, debility, bodily and mental lassitude; and if carried to a certain length, confirmed bad health and early death. The penalty for over-exerting these systems is exhaustion, mental incapacity, the desire of strong artificial stimulants (such as ardent spirits) general insensibility, grossness of feeling and perception, with disease and shortened life.

Society has not recognised this law; and, in consequence, the higher orders despise labour, and suffer the first penalty; while the lower orders are oppressed with toil, and undergo the second. The penalties serve to provide motives for obedience to the law; and whenever it is recognised, and the consequences are discovered to be inevitable, men will no longer shun labour as painful and ignominious, but resort to it as a source of pleasure and advantage.

Whatever the ultimate object of the Creator in constituting organized beings may be, it will scarcely be denied that part of his design is, that they should enjoy their existence here; and if so, the object of every part of their structure ought to be found conducing to this end.

Is there, then, no such phenomenon on earth as a

human being existing in full possession of organic vigour, from birth till advanced age, when the organized system is fairly worn out? Numberless examples of this kind have occurred, and they show to demonstration, that the corporeal frame of man is so constituted as to admit the *possibility* of his enjoying health and vigour during the whole period of a long life. It is mentioned in the life of Captain Cook, that "one circumstance peculiarly worthy of notice is the perfect and uninterrupted health of the inhabitants of New Zealand. In all the visits made to their towns, where old and young, men and women, crowded about our voyagers, they never observed a single person who appeared to have any bodily complaint; nor among the numbers that were seen naked, was once perceived the slightest eruption upon the skin, or the least mark which indicated that such an eruption had formerly existed. Another proof of the health of these people, is the facility with which the wounds they at any time receive are healed. In the man who had been shot with the musket ball through the fleshy part of his arm, the wound seemed to be so well digested, and in so fair a way of being perfectly healed, that if Mr. Cook had not known that no application had been made to it, he declared that he should certainly have inquired, with a very interested curiosity, after the vulnerary herbs and surgical art of the country. An additional evidence of human nature being untainted with disease in New Zealand is, the great number of old men with whom it abounds. Many of them by the loss of their hair and teeth, appeared to be very ancient, and yet none of them were decrepit. Although they were not equal to the young in muscular strength, they did not come in

the least behind them with regard to cheerfulness and vivacity. Water, as far as our navigators could discover, is the universal and only liquor of the New Zealanders. It is greatly to be wished that their happiness, in this respect, may never be destroyed by such a connexion with the European nations as shall introduce that fondness for spirituous liquors which hath been so fatal to the Indians of North America."—*Kippis's Life of Captain Cook.* Dublin, 1788, p. 100.

In almost every country, individuals are to be found, who have escaped from sickness during the whole course of a protracted life.

Dr. Hufeland, in his Macrobiotic, a work translated into all European languages, after citing numerous cases of extreme old age, says, "We ought to have some fixed idea as to what ought to be the true term of life, but we can hardly imagine to what an extent doctors differ on this point; some assign to man extreme longevity, whilst others cut life very short. We might be tempted to believe that death occasioned by old age was the true term of man's life; but a calculation, established upon such a basis, would lead to great errors in an artificial state like ours."

The classic Lichtenberg declared that the secret had been discovered of inoculating people with old age before their time; and added, "we see, every day, men 30 or 40 years old, presenting all the appearance of decrepitude, deformity, wrinkles, grey hairs, and other defects which one only expects to find in men of 80 or 90 years of age. Two inquiries here present themselves:—First, How long, in general, can man live? Since all animals have an absolute term of life, must not man be naturally in a similar position? Secondly, How

long, considered individually, can a man live? With respect to the first question, nothing prevents our considering the longest term of longevity of which we have known examples, as forming the extreme limit of human life, or the point of perfection as a model, in fact, of what the nature of man, under favourable circumstances, is capable of. Experience proves that man, in modern times, may live to 150 or 160 years, and even more. On opening the body of Thomas Parr, who died at the age of 152, all the viscera were found perfectly sound, which proved that had he been allowed to pursue his own humble course he would not have died when he did. We have an account of two negresses who died recently in Jamaica, one aged 151, the other 142.

Henry Jenkins, whose monument is in the church of Bolton-upon-Swale, and Demetrius Grabowsky, who died lately in Poland, both attained to the age of 169 years.

On a long freestone slab in Caery church, near Cardiff, in the county of Glamorgan, is the following inscription, in capitals, round the ledge :—

"Here lyeth the Bo-
Dy of WILLIAM EDWDS of the
Cairey, who departed
This life the 24 of Feb-
Ruary Anno Domini 1668, Anno
Quo ætatis suæ 168."

In the "County Chronicle" of December 13, 1791, a paragraph was inserted, stating that Thomas Cam, according to the parish register of St. Leonard, Shoreditch, died the 28th January, 1588, aged 207 years! The correspondent of that paper adds, "This is an instance of longevity, so far exceeding any other on record,

that one is disposed to suspect some mistake, either in the register or in the extract." Our correspondent, having lately met with this paragraph in his common-place book, determined, he says, to apply to the parish-clerk of St. Leonard's, from whom he, at length, obtained an extract from the register of burials, a literal copy of which is subjoined:—

1588	BURIALLES	Fol: 35
	Thomas Cam was buriel y 22 inst of Januarye Aged 207 years.	
	Holywell Street	
	Geo. Garrow	
Copy Augst 25, 1832		Parish Clerk

"It thus appears," adds our correspondent, "that Cam was born in the year 1381, in the fourth of Richard II., living through the reign of that monarch; and through those of the whole of the following sovereigns, viz. Henry IV., Henry V., Henry VI., Edward IV., Edward V., Richard III., Henry VII., Henry VIII., Edward VI., Mary, and to the thirtieth of Elizabeth."

There is, then, nothing unreasonable in supposing it possible, with respect to organization and the vital "force" of man, that one may endure and the other act during two centuries. That a power exists in human beings of living for a long space of time, may be considered as an established fact; and that which gives weight to this theory is, the connexion which exists between the period required for arriving at maturity and

the duration of life. This deduction is based upon the principle that animals, in general, live eight times as long as they were growing. Thus man, in an ordinary state, that is to say, when nature is not forced on by art, requires 25 years to attain to physical perfection, this would assign to man a life of 200 years. A certain degree of civilization would seem necessary to man to attain to the longest period of longevity. Still, there are travellers who assure us that amongst the Arabs, this age is not unfrequently attained, and that men are often married at 100 years of age.

Haller, who collected most of the cases of longevity known in Europe, gave examples of more than 1000 persons who attained to 100 and 110 years; 60 from 110 to 120; 29 from 120 to 130; 15 from 130 to 140; 6 from 140 to 150; and 1 to 169 years.

Wild animals do not live a life of misery, or of pain, nor, except by accident, do they die young, or before they have run their fair natural course. And why should man? unless by artificial means and a departure from nature's laws, he destroys himself; for, of all animals, man is not only the handsomest, but the strongest according to his weight; no animal, not even the lion, has such firmly-knitted joints, such strong muscles, or such a well-formed frame as man. No animal has calves to its legs, and if the joints of the whole body are taken into consideration, those of man will be found far superior to those of animals, and thus beauty and strength are combined in the human frame.

Few animals can equal man in supporting long trials of strength, and enduring fatigue. The strongest horse or dog cannot bear the fatigue of walking so long as

man. We have examples of savages passing three days and nights without repose or nourishment, at the same time marching quickly through their native wilds, pursuing or pursued, when even their horses and dogs were wearied and left behind. Thus, we see, notwithstanding our frequent abuse of nature, how much it does for mankind. No animal can support changes of climate as man can do; witness the Norwegian wending his way through the Arabian deserts, where the traces of none, save the tiger's foot, are seen. We have numerous examples, too, of men subduing wild animals by the main strength of their muscles and joints. But, to return to the more immediate subject of our present inquiries:— If it be objected, that such extreme old age as we have alluded to, is an exception, and that a shorter life is more in conformity with nature, we still cannot doubt that any death occurring before the age of 100 years, is almost always artificial; that is to say, it is the result of disease or fortuitous circumstances. It is certain that the greater part of men do not die natural deaths, so that hardly one in ten thousand attains to 100 years.

From the Bills of Mortality, of 100 individuals there die—

50	before	10	years	of	age.
10	between	10	and	20	years.
8	„	20	„	30	„
9	„	30	„	40	„
8	„	40	„	50	„
7	„	50	„	60	„

So that it will be seen that out of 100, only eight or ten exceeded the age of sixty years. Then, we would ask, if even those few years were passed in perfect health,

could they be said to constitute a life deserving the name of life? Did they not rather form an existence of sickness and suffering?

Persons who do not look into the subject, will hardly imagine to what a dire extent disease and pain exist in civilized countries; but when they do inquire, they will become acquainted with the fact, that a person in sound health is an exception; whereas, it may be fairly assumed, that when the philosophy of man shall be better understood, the reverse will be the case; for we hold it to be beyond the power of contradiction, that inasmuch as a natural law never admits of an exception, neither extreme longevity nor excellent health could occur in any individual, unless those qualities were fairly within the capabilities of the race.

Since the peace of Europe has been established, errors and prejudices have been in the constant progress of correction, and men's minds directed to the better cultivation of the sciences; reform and improvement in political economy, in jurisprudence, in theology, in chemistry, in mathematics, and in husbandry, have already taken place, and now form the occupation of mankind. It is only in medicine that no one will venture to propose a change, and this science is consequently left, as though it were too sacred to be meddled with. The result of this state of things is, that the Faculty adhere to their errors and prejudices. People in general think that whatever is is right; and the poor take with blind confidence whatever the doctor prescribes, as though his orders (however incompetent their dispenser may be) constituted a law from which it would be sacrilege to depart. The poor invalid thus balances between restoration and death, for daily experience proves that what is

termed a cure, under the allopathic or present system, is very often as fatal in its consequence in after-life, as the disease itself. From the remotest antiquity the value of water has been known, and from the age of Hippocrates to our own, many voices have been raised in favour of cold water as a substitute for the dangerous science of medicine, in the cure of all curable diseases; but this mode of treatment was too simple to meet with any support from the medical profession, and consequently for a time the use of water was altogether abandoned. It is only within a very short time that a man has risen from obscurity by making use of this medicinally abandoned element; and has attained sufficient consideration to convince even those learned persons, who at first despised his pretensions, that they had been perpetuating a system of fallacies. In a retired part of the Austrian dominions, Vincent Priessnitz, (a name which already belongs to history,) by his extraordinary genius, gives daily evidences of the fact, that the most obstinate and dangerous cases of acute or chronic disease, are to be cured by the sole agency of pure air, exercise, and spring water. To show that the use of the latter, in a medicinal point of view, has, like many other useful and valuable discoveries, been long partially known, but suffered to lie dormant, owing to the prejudice and neglect of those who should have brought it forward, I shall now proceed to cite the following facts.

WATER.

Facts intended to show the value that all nations, in all times, have set upon the use of cold water.

The Spartans bathed their children as soon as born, in

cold water; and the men of Sparta, both old and young, bathed at all seasons of the year in the Eurotas, to harden their flesh and strengthen their bodies.

Pindar, in one of his Olympic Odes, says, "the best thing is water, and the next gold."

There was a Greek proverb to the effect that the water of the sea cured all ills.

Pythagoras recommended the use of cold baths strongly to his disciples, to fortify both the body and the mind.

Hippocrates, the father of medicine, who added rubbing to cold bathing, was accustomed to use cold water in his treatment of the most serious illnesses. It was Hippocrates who first observed that the employment of warm water chilled, whilst that of cold water warmed.

The Macedonians considered warm water to be enervating—their women, after accouchement, were washed with cold water.

Virgil called the ancient inhabitants of Italy, a race of men hard and austere, who immerse their newly-born children in the rivers, and accustom them to cold water.

Pliny, in speaking of A. Musa, who cured Horace by means of cold water, said that he had put an end to confused drugs; and he also alludes to a certain Charmes, who made a sensation at Rome by the cures he effected with cold water.

Celsus, called the Cicero of doctors, employed water for complaints of the head and stomach.

Galen, in the second century, recommended cold bathing to those in health, as well as to patients labouring under the attacks of fever.

Charlemagne, aware of the salubrity of cold bathing,

encouraged its use throughout his empire, and introduced swimming as an amusement at his court.

Michael Savonarola, an Italian doctor, in 1462, recommended cold water in gout, ophthalmy, and hæmorrhages.

Cardanus, of Pavia, 1575, complains that the doctors in his time made so little use of cold water in the curing of gout.

Van der Heyden, a doctor at Ghent, states that in 1624, during an epidemic dysentery, he cured many hundreds of persons with cold water.

Short, an English doctor, 1656, states that he had cured with cold water, the dropsy and the bite of mad dogs.

Dr. Floyer published a work, called the "Psychrolusie," (Instructions on the Use of Cold Baths,) in 1702. From that period to 1722, it went through six editions in London.

Dr. Hancock, in 1722, published an anti-fever treatise on the use of cold water, which went through seven editions in one year.

After all, the merit of settling the use of cold water on a just principle, belongs incontestably to our own countryman, Currie, whose work, published in 1797, upon the efficacy of water, may be considered the scientific base of Hydropathy.

Tissot, in his "Advice to the People," published in Paris, 1770, shows the importance of cold water.

Hoffmann, the famous German doctor, says, that if there existed any thing in the world that could be called a panacea, it was pure water: first, because that element would disagree with nobody; secondly, because

it is the best preservative against disease; thirdly, because it would cure agues and chronic complaints; fourthly, because it responded to all indications.

Hahn, who was born in Silesia, in 1714, wrote an excellent work upon the water cure, which was lately found upon a book-stall, and purchased by Professor Oertel, for little more than one penny. This has been re-published, and is interesting to all who regard with attention that great moral change which the water cure is calculated to effect.

Evan Hahnemann, father of Homœopathy, in a work published at Leipsic, 1784, recommends fresh water, without which, he says, ulcers of any long standing cannot be cured, and adds, if any general remedy exists for disease, "it is water."

In Dr. Hahn's work, it is stated that Pater Bernardo, a Capuchin Monk from Sicily, went in the year 1724, to Malta, and there made some most astonishing water cures, the fame of which spread throughout Europe: the water was iced, he used it internally and externally and allowed his patients to eat very little: he made a proposition that the doctors should take 100 patients, and said if they, by their mode of treating them, could cure 40, then would he undertake to cure 60 more easily and securely, and in shorter time. His cure of iced water, was effected just as well in winter as in summer. A case is cited of a man, 92 years of age, who was at the point of death from the virulence of a fever, which fever was cured with cold water only.

THE TURKS.

Slade, in his highly talented work, "Records of the

East," with reference to the Turks, very judiciously remarks, that "notwithstanding their ignorance of medical science, added to the extreme irregularity of their living, both as regards diet and exercise, one day dining off cheese and cucumbers, another day feeding on ten greasy dishes; one month riding twelve hours daily, another month never stirring off the sofa; smoking always, and drinking coffee to excess; occasionally getting drunk, besides other intemperances—combining, in short, all that our writers on the subject designate injurious to health—the Turks enjoy particularly good health: and this anomaly is owing to two causes; first, the religious necessity of washing their arms and feet and necks, from three to five times a day, always with cold water, generally at the fountains before the mosques, by which practice they become protected against catarrhal affections; second, by their constant use of the vapour bath, by which the humours that collect in the human frame, no doctors know how or why, occasioning a long list of disorders, are carried off by the pores of the skin. Gout, rheumatism, head-ache, consumption, are unknown in Turkey, thanks to the great physicians, vapour bath and cold bath! No art has been so much vitiated in Europe, by theories, as the art of preserving health. Its professors, however, are beginning to recur to first principles; and when the value of bathing shall be properly appreciated, three-fourths of the druggists will be obliged to close their shops."

In our present state of civilization, nature is known but by name. None but those reduced to the last stage of poverty satisfy their thirst with water! Rich and poor, men, women, and children, old and young, all avoid it. It is, perhaps, because water costs nothing,

that we do not drink it, for, in our artificial life, we are led to esteem things but according to their venal price; and, perhaps, we should drink more water, oftener breathe the pure air, and expose ourselves more willingly to the rays of the sun, if we did not divide water, air, and sun with the beggar.

The Germans drink a great deal of water, but the English carry their distaste for it so far, that many persons never drank half a pint of it, undiluted, at one time, in their lives; and foolishly imagine that half a dozen tumblers of water would fill the stomach and cause inconvenience, whilst, perhaps, the same individuals, in the course of the day, would think nothing of drinking many bottles of wine, soda water, brandy and water, tea, &c., all of which stimulants prove injurious to the stomach. To such an excess does a lady of the author's acquaintance carry her distaste for water, that she is very likely to ruin the health of her children by it. For some time the eldest, about four years old, had been sickly; in consequence of which, when at Rome, the mother consulted a medical man, who said the child wanted nothing but water, which was given it, when the child got well immediately. On meeting the same family at Kissengen, the nursery-maid, being at the well, asked the author if he thought she might give the child water, saying, the children were always asking for water, but her mistress did not like them to drink it. "Certainly," was my reply; "give her as much as she chooses to drink."

After cold water, fresh air and exercise are the most important means of health. These are especially useful in giving life and activity to the skin, which seldom meets with proper attention, people generally not being

aware of the evil consequences attending their neglect of that most important organ of the human frame.

The Abbé Sanctorius, a Florentine, was upwards of twenty years engaged in determining what quantity of perspiration ought to pass from the body, when in a healthy state. To ascertain this, he placed small glasses, some not larger than thimbles, having first cleaned and weighed them, on various parts of the human frame, when, after indefatigable research, the result proved that every man ought to pass from his body daily, from six to seven pounds: two and a half pounds are supposed to pass by the ordinary means of evacuation, and the remainder by the pores of the skin. This accounts for persons of sedentary habits being less healthy than those who take great exercise, and whose occupations are carried on in the open air. Many professions are indeed so injurious in their effects, that Carnizini, a physician of Padua, wrote a book, "De Moribus Artificium," illustrating the peculiar diseases of tradesmen, arising from their respective occupations and trades, in which he showed that all sedentary pursuits were more or less injurious.

As few persons take more than one pound and a half of food, and two pounds of liquid into their stomachs in a day, the question now arises, whence this great residue originates; the answer is, that men, like all organic objects, feed upon air. Presuming this to be true, it follows that much depends upon what sort of air we breathe,—that of crowded or confined cities or rooms being productive of evil, whilst that of a fine open country contributes, as every one knows, to health and cheerfulness.

The same reasoning will apply to clothing; when the

body is so covered as to exclude the external air, it necessarily follows, that the body cannot be so healthy as that more exposed to its influence.

It being admitted that an adult, in health, exhales daily upwards of three pounds weight of superfluous juices; if this exhalation should diminish in quantity, which necessarily must happen when the cutaneous organ has lost that energy which exercise and cold ablutions can alone support,—what must then become of the superfluous juices retained in the system?

The answer is easy. It runs through the internal organs, and becomes the source of all sorts of diseases; emetics and purgatives remedy this, without doubt, but only for a time. Medical men see the discharges, and suppose them the substitutes for perspiration, but they do not perceive that the debility of the digestive organs, occasioned by this mode of treatment, becomes a new source of disease; whilst, on the contrary, water is a remedy, containing at once dissolving and strengthening properties, which would seem to nullify each other, but that we have daily evidence of the contrary.

Several doctors, amongst them Oertel, have recognised in cold water this double virtue, which their practice has constantly confirmed; but of all methods of administering cold water, that of Priessnitz seems to me to merit the preference. It attacks more energetically the peccant humours, and drives them more quickly from their position, in virtue of the numerous modifications it allows of in the use of water. Its superiority is especially remarkable in the mode of perspiration which belongs to it exclusively, for this discharge exhausts, in great part, the morbid humours.

Much, as has already been observed, may be said on

the subject of clothes. Without speaking of their shape, which is seldom in harmony with the wants of the system, what hurtful effects must result from the quantity of coverings with which the body is loaded! We wish to protect the skin from the fresh air, and concentrate on it the heat that is ever exhaling from the body, and thus we complete what warm baths, spirituous liquors, the want of exercise, and heavy nourishment, have so well begun. We do not perceive that by keeping the body warm, we weaken the skin, which becomes so sensitive to external changes, that we are incessantly obliged to augment the thickness and number of its coverings. At last a time comes when nothing more can be added to the clothing already too heavy. Then weak and irritable persons, whose numbers augment daily, thanks to our erroneous system — remain at home, not aware of the innumerable inconveniences to which such a resolution exposes them, and not knowing that washing the body three or four times in cold water, would enable them to leave their heated apartments, abandon flannel, and expose themselves without the slightest danger, to the healthy effects of the fresh air.

Priessnitz tells a story of a lady of high rank, who had avoided the fresh air to such a degree, that she could only exist when near the fire, and very warmly dressed; she had even taken care that the two rooms leading to her own should also be well warmed. Here she daily received the visit of a doctor charged to calm her extreme irritability. The medical attendant and several of his colleagues having been unable to persuade her to leave her room, and tired of her eternal caprices, abandoned her to her unhappy lot. In this extremity,

she applied to Priessnitz, who by cold bathing, and the application of wet bandages on the body, enabled her, on the fourth day, in rainy weather, to go out and walk for half an hour. She returned quite well to her then moderately heated apartment.

It is the enervating softness and delicacy of our modern customs, exemplified by this anecdote, which presents the greatest obstacle to the use of cold water. Man looks for agreeable impressions, and avoids those which have not the attraction of pleasure. With a little courage he would feel that the feeling of displeasure which he dreads, is momentary, and that when he had acquired a conviction that it assured him the health of both mind and body, it would soon become agreeable, whilst the subjection to the enjoyment of the senses leaves after it enervation and disgust. Being unable to change the nature of the elements we inhabit, we should harden our bodies, familiarise ourselves with the intemperance of the seasons, and turn them to the benefit of our health. It is in vain that the man whose fortune permits him to change the climate, looks for a milder sky; if his effeminacy accompanied him, he would be like the lady of whom Priessnitz speaks, who near the fire was still cold. A warmer air would enervate his skin more and more; and then, even in a Neapolitan climate, he would most certainly be as sensitive to cold, as, with a hardened body, he would be at his ease in the hut of an Esquimaux.

Another obstacle to the external use of cold water, is the false belief that colds, which are the sources of much illness, result from it. People cannot understand, that a cold foot-bath, followed by suitable exercise, warms

the feet, and that there is *no* surer way of preserving them from cold.

The same incredulity is affected with regard to the revulsive effect of the cold foot-bath ; nevertheless, nothing is better proved than its sovereign efficiency in removing head-ache. Every one knows that, after having washed the face and hands in cold water, an agreeable warmth is there felt, which warm water does not produce. Who has not found, that after any part of the body has been exposed to cold, rain, or snow, it becomes burning hot when the cold has ceased ? and who does not know that the reverse is the case after the use of warm water ?

When we wash the body with cold water, we should do it quickly, and lose no time in dressing, and afterwards take exercise. Washing should be avoided when the parties are cold, because then the reaction or reproduction of heat is slower. These precautions prevent the most delicate persons taking cold, let their skins be ever so sensitive, though they may not have been in the habit of using cold water.

Professor Oertel was the first to publish to the world the astonishing cures which were effected at Graefenberg, and he was followed by Brand, Kroeber, Kurtz, Doering, Harnish, and many others, whose writings contributed to establish the reputation of Priessnitz, who by means of the various forms in which he administers water, attacks all diseases susceptible of cure, and very frequently establishes the health of those who have been declared incurable. All these writers declare that there is no remedy more calculated to attack morbid humours, and expel them from the system, than cold water thus ap-

plied; and unlimited confidence, unshaken constancy, submissive obedience to all prescriptions, and a rigorous abstinence from all drugs and other forbidden substances, are the only means of insuring success.

I contend that it is in the power of almost every one to attain to longevity; and in order that the principles which we advocate may be better understood, I would recommend the reader to peruse a small work, published in 1620, and translated into all modern languages, entitled, "Sure Methods to attain a Long and Healthful Life," by Conaro, a Venetian nobleman. This author informs us, that in his younger days he was supposed to have ruined his health by intemperance, but that after attaining his fortieth year, he conceived the idea that it was possible, and determined on trying whether, by sobriety, a strict regimen and diet, to live free from pain, and to attain to an extreme old age. In this we find he succeeded; for in his eighty-third year he wrote a Treatise on a Sober Life: a second treatise appeared from the same author at the age of eighty-six; and a third was written when at the advanced age of ninety-one, entitled, "An Earnest Exhortation to a Sober Life:" the fourth and last is a letter to Barbara Patriarch, of Aquileia, at the age of ninety-five, describing the health, vigour, and perfect use of his faculties, which he then enjoyed. This venerable old gentleman attained his object, having resigned his last breath without an agony, sitting in an elbow-chair, being upwards of a hundred years old. His lady, almost as old as himself, survived him but a short time, and died an easy death.

I will sum up my observations under this head, in the words of a medical man from Ghent, in Belgium.) After

witnessing what was going on at Graefenberg, for six weeks, he said:—" Water will cure all diseases which medicine can cure, and *this* when they are in a much more advanced stage than that at which drugs can act. I have no doubt that the time will come when medicine will be as completely a dead letter as the Latin is now a dead language, and that, eventually, people, when speaking of drugs, will refer to them as they do to other objects which time has rendered altogether obsolete."

CHAPTER II.

GRAEFENBERG.

GRAEFENBERG is a colony of about 20 houses, placed about half way up one of the mountains of the Sudates, forming part of the small town of Freiwaldau, in Silesia, Austria, about 18 English miles from Neissé, 70 from Breslau, 260 from Berlin, 200 from Dresden, 160 from Prague, 63 from Olmutz, and 175 from Vienna.

The town of Freiwaldau contains about 3,000 inhabitants, most of whom are engaged in agriculture or the manufacture of linen. As the accommodations at Gräefenberg are not adapted to families, Freiwaldau is the resort of the fashionable world who have occasion to undergo the water cure, the upper part of most of the houses being let out as lodgings.

The establishment at Graefenberg is most agreeably placed on a long slope, which extends from the valley to the top of the mountain. The views from it are magnificent, particularly in one direction, in which the plains of Prussia are seen in the distance. The highest houses chiefly belong to Mr. Priessnitz. The principal one is a large irregular building, in which he resides himself, and where there is a dining room fit for the accommodation of 500 or 600 persons, with numerous bedrooms for patients, and an enormous bath, furnished

like the others from a cold spring, &c. The other houses are built without the slightest attention to architectural rule or order, and are also furnished with baths. Some little distance below are other cottages called the Colony, most of which have the necessary requisite of a bath, and two of them have the advantages of douches. The proprietors of these cottages act as baddieners or servants to their inmates. In the houses belonging to Priessnitz there is room for about 200 persons, and 150 more may find accommodation in the immediate neighbourhood: thus Priessnitz and his neighbours can accommodate between 300 or 400 persons, the greater part taking their meals at the public tables. To obtain an apartment in or near the establishment, it is necessary to go early in the season, for, with the exception of the months of December, January, and February, (when perhaps not more than 100 persons remain in this elevated region, the rest having either retired to Freiwaldau, in the valley below, or left the establishment altogether,) it is extremely difficult to procure a room.

Excessive heat is never felt at Graefenberg, on account of its elevation, (600 feet above the town of Freiwaldau,) and the continued winds to which its isolated position naturally exposes it; these would be annoying if there were not extensive woods to its rear, towards the summit of the mountain, which afford not only agreeable promenades, but protect the invalid against wind and sun. In these woods are the douches and springs which are resorted to, the former generally before and after dinner, the latter during the whole day.

The chief establishment at Graefenberg is badly arranged, there being always a disagreeable smell in it, arising, First, from the cows, which, instead of being

confined in sheds, as with us, are kept under the house; Secondly, from the public conveniences, which are on the staircases; and Thirdly, from the kitchen, which is under the saloon, into which the dinner is introduced through a trap-door, by means of pulleys. The simplicity of the apartments is in perfect keeping with the kind of life which is led at Graefenberg; there is nothing in them which it is possible to dispense with. A bedstead with a straw mattress, a chest of deal drawers, a table, two chairs, a wash-hand basin, a decanter and glass, comprise the whole furniture of the room, which is similar to a soldier's chamber in a barrack. Mr. Priessnitz considers a want of comfort in the apartments an advantage, as it induces people to be a great deal out of doors, breathing the pure bracing vital air of the mountains; and says that no persons ought to be in their room, except for the purposes of the cure or for sleeping: reading, writing, and thinking, are obstacles to the recovery of health. Instead of a small confined chamber, the public saloon is, however, always open, and here the valetudinarian may generally find amusement; for in no assembly of people in good health will it be possible to meet with more cheerfulness than in this body of invalids, although they have to contend all day against the troubles and difficulties of the treatment. For single persons, whose object is to effect a speedy cure, it is more desirable to put up with these inconveniences than to be at a distance, because, if at all disheartened by the treatment, they soon gain courage by the very extraordinary cures they hear of and see, by the health which they acquire, the assuagement of pain which they experience, from the certainty of being ultimately restored to convalescence, and what is more,

by the fact which they learn from others, viz. that the treatment, though troublesome and disagreeable at first, soon becomes a matter of occupation and of necessity. At the town of Freiwaldau, the apartments, though not good, are not to be called bad, and are calculated for families: but here it is notorious, that the cure of disease does not go on so well as up at Graefenberg. Neither the walks nor the views are so inviting, nor in summer is the water so cold, which is a matter for serious consideration, as Mr. Priessnitz maintains that it cannot be at too low a temperature. This opinion is borne out by the fact of cures being more easily effected in winter than in summer. To persons unacquainted with the mode of cure, this will appear almost incredible in a climate generally allowed to be excessively severe (Ther. sometimes 24° Reaumur); but that hundreds do submit to this treatment and are cured during the inclemency of an almost Siberian winter, is a truth too well attested by many thousands of persons, and supported by the evidence of authorities quoted in the subsequent pages, to be for a moment disputed. In summer the breeze is wanting at Freiwaldau, which renders Graefenberg so agreeable, and the visitors, many of whom are people of the first distinction, endeavour to unite pleasure with the treatment, and with this view they constantly meet in society at night. It may be said that, in a general way, the patients retire between 10 and 11 o'clock. But if the occupations of the cure are to be commenced, as is generally the case, at 4 o'clock in the morning, it must be evident to all who reflect, that patients ought to be in bed by 10 o'clock.

In Graefenberg all is in movement by this hour, 4 A.M., and by 6 o'clock the promenades exhibit their

motley groups; and it must be wretched weather indeed, that will keep the invalids in their cheerless rooms. This accustoms people to atmospheric changes; and nowhere on earth can people accustomed to a civilized mode of living be found, who set weather at such defiance as these invalids. This arises from their confidence in the power of water, and Priessnitz's consummate talent in immediately putting matters right if any cold should result from the exposure; but this is very rarely the case when people are accustomed to the use of cold water.

Freiwaldau is the resort of incurables. Several persons, in the course of every season, are not accepted by Mr. Priessnitz; these having come, perhaps, a long distance, are unwilling to return to their homes, and therefore take up their residence here, where, by the use of cold water, which Mr. P. cannot, nor does not, refuse administering to them, their pains are always relieved, and the duration of their lives protracted; and they then find that they can partake liberally of food, from which they had been prohibited for years.

It is strongly recommended to those who may go to Gräefenberg with a view of being cured, to follow rigidly the instructions of Mr. Priessnitz. Any person may breakfast or dine at the public table at Graefenberg, the former costs 7 *kr.* or about 2½*d.* English, the latter 35 *kr.* or about 14*d.* For a gentleman residing at Freiwaldau, it is a good exercise to proceed up to breakfast and descend at Boemishdorf to the douche, having previously directed his servant to meet him there. At this village of Boemishdorf there are four douches for the use of the patients at Freiwaldau. In order to save persons the expense and toil of a long journey, if the

disease bears at all upon any of those pointed out in the following pages as dubious, it is better to write to Mr. Priessnitz beforehand, in either the German or French language, because he is too prudent to undertake any case that he does not feel almost confident, sooner or later, of curing.

In writing, if from England, it would expedite the letter, if the writer added "via Hamburgh, Breslau, and Neisse;" the postage must be paid previous to putting it into the post, or it will not be forwarded.

The expenses of living at Graefenberg, are as follows;—

Board, including breakfast, dinner, and supper, (a week) 4 florins, or . . .	0	8	0
An apartment, 2 florins	0	4	0
Baddiener, or servant, 2 florins . . .	0	4	0
	0	16	0
The lowest fees usually paid to Mr. P. 2 florins, or 4*s.* a week	0	4	0
	£1	0	0

But here it must be observed that 2*fl.* or 4*s.* is the minimum ever offered to Mr. Priessnitz, for his attendance; many increase it to double that sum, and others make handsome presents. However, it will be seen that a residence and medical attendance at Gräefenberg is necessarily only attended with an expense of 1*l.* sterling per week. At Freiwaldau a good lodging for a single person of two rooms, in the best situation, may be had at from 5*s.* to 10*s.* a-week. The usual price for dinner is 1*s.* For a family, an apartment consisting of

three or four rooms and a kitchen, will cost from 12s. to 20s. a week; after this, a number of little articles must be purchased or hired, as the apartments are only furnished like those at Graefenberg. All articles of consumption are remarkably cheap, for instance, beef and mutton are 5d. per lb., veal 2½d., pork 3½d.; price of bread in proportion.

Carriages for excursions are obtained at the post-office: to go up to Graefenberg the charge is 1s. or 2s.

The mode of living at Graefenberg must strike every visitor with astonishment, when he learns that two-thirds of the patients, previous to going there, had been limited in the quantity and quality of their food, and that numbers of them had tasted little else than liquids for long and for short periods, according to the treatment they had been subjected to. At breakfast the table is supplied with brown bread, and most excellent milk and butter from Mr. Priessnitz's dairy; the same may be said of supper. At dinner there is soup, and beef boiled in it, a famous dish with Germans. After this, one occasionally sees pork, veal, beef, ducks, geese, potatoes, sour crouts, gerkins, cucumbers, pastry, &c.; these are named to show the nature of the things which invalids are allowed to partake of, not that they all appear at one time, for in general it is complained that though plentiful, the food is coarse. Mr. Priessnitz, when any allusion is made to this subject, says, "that the cure would progress quicker if the table were much worse served than at present: he has no objection to people eating heartily, but he insists on it that the food ought not to partake of those solid nourishing qualities which we are accustomed to in England." When it has been remarked to him that certain invalids

appeared to overload their stomachs, he replied, "that they might go on as they would, that water sooner or later would find its own level, and that as they progressed towards a healthy state, their appetites would become more moderate; a fact which observation fully confirms. At the same time that I admit this, if allowed to differ from such high authority, I should say that if more attention were paid to diet, cures would be effected in a much shorter time than they are. Mr. Priessnitz says that people must eat to acquire and keep up their strength; and in this I perfectly agree with him; all I would suggest is, a little more regard to the quality of the substances which individuals partake of.

To sum up an account of Graefenberg, I may remark that, after having witnessed the brilliant cures which are there effected, nothing can be more interesting than to see the number of clever and enlightened people in all ranks of life who go there, the greater number to be cured, and others to study the means of curing. I shall now proceed to give an account of a man who, born a peasant, by his extraordinary genius has been enabled, while yet in the prime of life, to overcome prejudice, and to establish an entirely new system; the accomplishment of which undertaking by an individual in his isolated position, does indeed appear to border upon the fabulous and incredible.

CHAPTER III.

VINCENT PRIESSNITZ.

PRIESSNITZ's father was the proprietor of the small farm upon which the establishment we have been treating of is placed. He gave his son an education in accordance with the times and place in which he lived; but this was perhaps limited, in consequence of the blindness with which he (the father) was stricken in his advanced years, and of Priessnitz's uncle being a priest, so that in early life the cares of the family and farm devolved upon him. It is said that an old man who used to practise the water cure upon animals, and occasionally upon the peasantry, was much encouraged by the elder Priessnitz; that the latter invited him to instruct his son, and that it is from this source that Vincent Priessnitz obtained his first ideas of the cold water cure. It would appear that Silesia was destined by Providence, to be the spot whence this great boon to humanity should extend itself to all nations; for so far back as the year 1730, the great Dr. Hahn, who resided at Schweidnitz, about 30 miles from Graefenberg, wrote a book upon the virtues of cold water both for drinking and curing diseases; but as the book was completely out of print, until found on a book-stall by Professor Oertel, in Bavaria, it is doubtful if Priessnitz ever obtained any information from that source. Early in life,

whilst engaged in hay-making, an accident which befell him was the principal cause of the dispensation of one of the greatest blessings to suffering humanity; he was kicked in the face by a horse, which knocked him down, and the cart passing over his body broke two of his ribs. A surgeon from Freiwaldau being called in, declared that he could never be so cured as to be fit for work again. Having always possessed great presence of mind, and an unusual degree of firmness, the young Priessnitz not being pleased with this prognostication of the doctor, and being somewhat acquainted already with the treatment of trifling wounds by the means of cold water, he determined to endeavour to cure himself. To effect this his first care was to replace his ribs, and this he did by leaning with his abdomen with all his might against a table or a chair, and holding his breath so as to swell out the chest. This painful operation was attended with the success he expected; the ribs being thus replaced, he applied wet cloths to the parts affected, drank plentifully of water, ate sparingly, and remained in perfect repose. In ten days he was able to go out, and at the end of a year, he was again at his occupations in the fields.

The fame of this extraordinary cure, soon spread abroad amongst his neighbours, who came to consult him when any accident occurred. By means of treating their diseases, and occasionally those of cattle, he acquired a better knowledge of the virtues of water, and ventured upon more serious cases. This soon gained him renown, so that his house was beset with persons rich and poor, begging his advice. From having watched so many diseases with his observing eye and inquiring mind, he soon acquired the knowledge requi-

site to detect them by their symptoms. Having no remedy but plain spring water, no theories to puzzle his brain, and no guide but nature, which spoke to him the more clearly because there was no art to stifle its voice, he soon perceived the defect of the present system of diet and mode of treating diseases, and found out by the various applications of water, means of remedying most of those bodily evils which mar our happiness in life.

Priessnitz's renown soon brought down upon him the envy of his neighbours and of the people of Freiwaldau, who were very ready to become his persecutors. Many imagined that an access of strangers would enhance the price of comestibles, some were jealous of his fame, others imagined him possessed of an evil spirit, but the foremost or most prominent of his adversaries were the medical men. About this time he had effected cures on a great number of people, when the doctors resolving to put an end to his quackery, as they called it, denounced him to the authorities at Vienna, alleging that the sponges used in ablutions contained some medical property capable of producing these wonderful cures, which, if true, would have put him under the jurisdiction of the law. The sponges were decomposed, and the fallacy of the allegation proved before the tribunal, in a question as to the cure of a certain miller. This man had been a martyr for years to the gout. The doctor declared that the man was indebted to him for his recovery, whilst in reality he had been restored by Priessnitz. On being questioned by the judge as to who had cured him, he replied, "Both; the doctor freed me of my money, and Priessnitz of the gout;" this caused a laugh against the doctor, and put an end to all cavils from the faculty.

The Austrian government, perhaps the most jealous in Europe in allowing the assembling of people for any purpose whatever, and particularly violent against empirics, or the sale of any medicine by any others than regularly certificated persons, sent a commission of inquiry to Graefenberg. This commission found that the only agents there employed in the curing of disease were cold water, air, and exercise; and they had such evidence of its beneficial effects, and the total absence of all danger, even in the most advanced stage of disease, that, on their report, the government allowed Mr. Priessnitz to continue his praiseworthy operations. Since that time, he has been honoured by the friendship of some of the Royal Family, and by very many of the first people in the empire.

From the commencement of his mode of cure to the present time, there have been no less than 7000 persons at Graefenberg to seek his aid; that is, from 1830 to 1842. This does not include the numbers whom he treated before he regularly declared his intention of devoting himself entirely to this science, nor the people of the neighbourhood, to whom, whilst he yet conducted his farm, he devoted himself with such assiduity, that what with his labours in husbandry, and in the relief of the sick, which latter occasioned him to go long distances and return on foot, in all weathers, by night and day, he very much endangered his health. For a long time he complained of weakness, and pain in his chest. It is, however, gratifying to find, that since he has accustomed himself to ride on horseback, which he always does when going anywhere, and has made use of his own cold fomentations, or umschlags, for his chest, he has been quite restored. As his habits are so simple, (going

to bed early, and rising in summer at four, in winter at five o'clock, and immediately plunging into a cold bath,) and as he knows how to ward off colds, or any other acute diseases, it may fairly be hoped that he will live to an advanced age. On the 4th of October, 1841, he attained his forty-second year; but, from the causes we have stated, he appears somewhat older. Notwithstanding his astounding success, his accumulation of wealth, (of which he is now said to possess upwards of 50,000*l.*) and the manner in which he is courted and respected by the first nobles in Germany, Mr. Priessnitz retains all the humility of his former humble station. It is the custom in this country, with the peasantry, to kiss the hands of their superiors, on entering and leaving a room. If ladies are present, he never omits doing this. He is a man of deep reflection, and of few words, for he says but little, and rarely promises any thing; consequently, his words when spoken are considered as sacred by high and low, as the responses of the Delphic Oracle. Many people complain that he does not talk enough, and doctors who come here to learn the treatment, say that he never explains any thing to them. With respect to the first allegation, it must be evident, that a man who has all the year round from 500 to 600 patients, besides the peasantry of the neighbourhood that may require his aid, cannot have a great deal of breath to throw away. Let any person speak to him on his own or his family's case, and he will find his reply that of a man of profound sense,—a reply that he, Priessnitz, never wishes to retract, and for which he will give his reasons in the most unaffected manner possible. But with respect to the second complaint, it must be avowed that he has no very great regard for medical men, because no one has suf-

fered more from their vindictive feelings than himself; besides, he has ever found it a work of supererogation to endeavour to dispossess them of their prejudices; nor has he time or inclination to enter into disputes upon a mode of treatment which he knows, as directly emanating from nature, to be always true to itself. He has frequently witnessed the conduct of medical men who came to inquire into the mode of treatment, who took a carriage at Freiwaldau, went up to Graefenberg, looked at the baths, the douches, rooms, &c., and proceeded home to decry a discovery, of the merits of which they knew nothing.

That Mr. Priessnitz has founded some sort of theory on his mode of treatment, after so many years of successful practice, and with the help of that inquiring genius, and that natural impenetrable calmness which so particularly distinguishes him, there can be little doubt; and this theory has never failed him in his treatment of the most complicated diseases. But he has no time for writing; and if he had, he would find it extremely difficult to explain himself; since it is an extraordinary fact that no two cases are treated exactly alike. There is no doubt that Mr. Priessnitz owes all his experience to his utter ignorance of medical science, which, indeed, is his greatest advantage; for what does the history of medicine offer, but the discouraging picture of the instability of principles, and a series of theories succeeding each other, without any one of them being able to content an upright spirit, or satisfy an inquiring mind?

We can hardly expect, however, that Mr. Priessnitz will ever attempt to give the world any medical or systematic details. This is only left to intelligent persons and young medical practitioners, who should observe all

that is observable, and communicate their observations, so as to form a whole of that which is most important. Fortune and fame will be the reward of any of our students who may go to Graefenberg, and study the proceedings of this extraordinary man. To do this effectually they must be possessed of patience, as it can only be studied on the spot; nothing but danger would result from acting on the diets of books, as will be shown by the following case whilst the author was at Graefenberg. A person who had recently lost his wife and two children, was attacked with brain fever. Mr. Priessnitz ordered him a tepid bath, in which he sat, and was rubbed by two men, who were occasionally changed. The man became so deranged that it was with difficulty he could be kept in the bath: in ordinary cases this disease succumbs to the treatment in two or three hours; but the patient in this case became speechless at the end of this time. Mr. Priessnitz, with that coolness which is so leading a feature of his character, said, "Keep on, until he either talks much or goes to sleep." The latter the man at last did, but not until he had been in the bath for nine hours and a half; that is to say, they commenced at one o'clock in the day, and the patient fell asleep from exhaustion at half-past ten at night: he was then put to bed, and next day the fever had left him, and though weak he was able to walk about. A similar case had not occurred at Graefenberg for nearly three years. This shows the difficulty of any one practising who has not well studied the cures: if the practitioner had become alarmed after the first two or three hours, and had taken the patient out of the bath to try some other method, the consequences might have proved fatal. Many doctors have been there, some on their own

account, and others on that of their respective governments, who, after a residence of three or four months, went away imagining that they were as great or greater professors of the science than Mr. Priessnitz, and that they perfectly understood the treatment. On arriving at home they have opened institutions, and Graefenberg exhibits at this moment many melancholy proofs of their total ignorance of even the first principles of the science. The mere application of cold water, in a variety of forms, appears so simple, that one constantly hears people who do not even understand the composition of that element, pretend that, when they arrive at home, they shall be able to doctor themselves and their friends; but this will be found a dangerous experiment.

Mr. Priessnitz's first endeavour is to alleviate pain, so that the patients may avail themselves of air and exercise. How far this object is attained may be judged of, from the circumstance that out of 500 or 600, the usual average number of patients under his charge, there are seldom a dozen of persons in bed at one time. If their complaint be fever, he is so completely master of the case, that no one ever keeps his bed, and seldom his room, for more than two or three days, excepting in cases of typhus, a malady which generally takes twelve or fourteen days to eradicate, but hardly ever longer. The same remark will apply to rheumatism. If the sufferer can only reach Graefenberg, he may be sure of immediate relief, such as elsewhere would be called a cure, and which is repeated many times a year; but the cure can only be regarded then as just commenced, it being Mr. P.'s object to eradicate the cause of malady from the system. What is understood by a cure at Graefenberg, is a perfect cleansing of the body of all

impurities, a radical cure of that which has been the source of disease. Cases of no very long standing succumb to the treatment sometimes in two or three months, others resist for one or two years. Supposing, for an example, a young man to be attacked by gout, let him apply to Priessnitz and he will be cured immediately; but another, who has inherited it from his family, and who has been a bon vivant himself for a number of years, cannot expect to be made a new man, but with the exercise of patience: yet he will have this satisfaction, that during the cure he will find himself, in other respects, in perfect health, never be confined to his room, and be able to take plenty of exercise. This observation is made from the reports of several persons who are now undergoing the cure; these all agree in the fact, that though, previous to going there, they had been bedridden for years, they have never known what it was to be confined to their room for a single day, or even hour, since their arrival. Patients at Graefenberg, with hardly any exceptions, eat well and sleep well, until they have what is called a crisis, *i. e.* till the disease comes to a head. Then we behold water warring against drugs and their effects. The power of the former is so great, that nothing can resist it; and the latter must make their exit by some means or other; by diarrhœa, by urine, by boils or ulcers, or fever, &c. These to the invalid, at a distance, carry with them cause for fear; but at Graefenberg, a crisis is hailed with the greatest joy as the harbinger of health. It is at this juncture that the genius of that extraordinary man, Priessnitz, shows itself. He is never seen to hesitate, nor does the patient ever want confidence in him, for Priessnitz was never known to fail; when once the crisis, which is his

object, is obtained, he can determine the extent of the cure, and time needful for completing it. All persons are expected to drink plentifully of water, the quantity depends upon circumstances, some ten or twelve, (none less,) whilst others extend it to twenty glasses a day. An inexperienced person would think that eating *ad libitum** was injudicious; but Mr. Priessnitz lays no restrictions on his patients in this respect. The consequence is, that the mountain air, the exercise, and the water, produce an appetite, the satisfying of which, under any other circumstances, would be highly conducive to indigestion; but Mr. Priessnitz persists in saying that water will digest anything, and that the evil of eating too much, will correct itself as the patient gets stronger, and approaches to convalescence. Whatever may be the state of the patient's disease, no surgical operations ever take place, nor are patients, under any circumstances, subjected to the loss of blood, to blistering, or indeed any of the expedients resorted to under the allopathic system. If costiveness, indigestion, or inactivity of the organs, be the cause of complaint, water speedily removes it; if fever, wet sheets, and frequent immersions in the bath have the desired effect.

The use of cold water, as we have already shown, has been known from the remotest period, and the endeavour to produce perspiration in disease, is as old as medicine itself, but it is to Priessnitz that we are indebted for the manner of exciting perspiration without the aid of drugs, and of keeping it up at pleasure by cold water, drank in more or less quantities, and for replenishing

* It must, however, be remarked, that almost all men, who have at all studied the science, are of opinion that too much is eaten at Graefenberg.

the loss thus sustained, by plunging the body into cold water when it is in this state. This method is so diametrically opposed to that which has been hitherto practised, that at first sight it would appear dangerous, and even insane. Nevertheless, none of those inconveniences or evils have attended it, which the prejudiced might think it liable to. Far from this, it has served and does serve every day, to cure the most aggravated diseases. The discovery of the soothing, cooling and strengthening effect of the wet sheet, is of itself sufficient to ensure Mr. Priessnitz the blessings of posterity. There is hardly an instance of its not being applied to the patient at some period of his treatment; whilst it may be fairly asserted, that not more than one or two in twenty are subjected to sweating, that being an operation confined almost entirely to strong or robust constitutions. Nor can we withhold from him the merit arising from the invention of an infinity of modes of applying cold water, by way of the douche, the sitz bath, wet sheets, &c., and of bringing about the desired object, by the combination of all these. The application of wet sheets in cases of fever, or extreme debility, is almost miraculous in its effects. Sweating, immediately succeeded by the cold bath, Mr. Priessnitz says, in its effects, is like a smith striking upon hot instead of cold iron; the value of these different discoveries will be explained under their different heads. Mr. Priessnitz, who may be considered as nature's doctor, never feels the pulse, but judges by the temperament of the skin, and by the eye. It is a common expression at Graefenberg, that he sees into the human body, as though it were made of glass. The most extraordinary part of this simple cure is, that though Graefenberg may be

considered a refuge for the destitute in disease, death is of such rare occurrence, that one might almost say no one ever dies under the treatment: out of nearly 3,000 visitors who have been at Graefenberg within the last two years, seven or eight only have died; most of these were entirely exhausted previous to their arrival, and were only received by Mr. Priessnitz as extremely doubtful cases.

Mr. Priessnitz's mode of treatment strengthens the infant, and its application to old age and decrepitude is like that of adding oil to an almost exhausted lamp.

We are quite aware that a work asserting these extraordinary results from such humble means, will, like the first tidings of all great discoveries, be received with doubt and disbelief; although this differs from most others, inasmuch as it does not require time to develope its truth. The sceptic has only to make an agreeable journey of a few days to Graefenberg, where he will at once be satisfied of the facts, or be able to refute them. I know they will be too well attested by hundreds of living witnesses to cause any fear in my mind as to the result; and I therefore say to those who do not, as well as those who do labour under disease, "Go to Graefenberg and mix with the patients, amongst whom will be found representatives of infancy, youth, manhood, and old age; many of whom speak French, and some English; judge there for yourselves!" Since all are subjected to the infirmities of human nature, there is no person, whether in health or otherwise, who may not be benefited by the trip, as they may acquire information which will be of the utmost importance to them for the remainder of their lives.

The hydropathic treatment differs from all others, inasmuch as it is administered to hundreds of persons congregated in one place, who are in the constant habit of meeting and discussing its merits, so that nothing important can happen to any single individual, that is not known to the whole body: whilst under the allopathian and homeopathian treatment patients are treated at their homes, so that none but their own families know the results of either mode of treatment.

After the eminent services which this great man, with such modesty, and without the slightest pretension, has rendered to society, we cannot be surprised at his having succeeded in securing general esteem. This has been shown him by crowned heads and by nobles of the adjoining countries. At present, in 1841, there are under his treatment at Graefenberg and Freiwaldau, an archduchess, ten princes and princesses, at least 100 counts and barons, military men of all grades, several medical men, professors, advocates, &c., in all about 500; and the following is a list which shows the progress of the establishment up to the present time:—

1829	45
1830	54
1831	62
1832	118
1833	206
1834	256
1835	312
1836	469
1837	570
1838	800
1839	1400 and upwards.

1840	1576
1841, say . . .	1400
	7298

In consequence of similar establishments having sprung up in Russia, Poland, Hungary, Moldavia, Wallachia, and in most states of Germany, it is expected that the numbers of this year, 1841, will not be equal to those of the last; up to the beginning of September there had been about 1150. It may not be uninteresting to see how the 1576 of last year were composed; as by it we may infer that, as the distances and consequent expenses of travelling in most instances were great, the patients were of the better order of society. It must be observed, that the trades-people or peasantry to whom Mr. Priessnitz may have given advice, are not included in this list.

	Kurgäste, or "Guests of the Cure" in 1840.
From Austria . . .	367
„ Galicia . . .	93
„ Poland	128
„ Hungary . . .	137
„ Prussia	527
„ Saxony	21
„ Bavaria	13
„ Wurtemburg . .	15
„ Duchy of Baden . .	3
„ England . . .	2
„ Mecklenburg . .	13
„ Sweden . . .	7
„ Russia	94
„ France	15

	Kurgäste, or "Guests of the Cure" in 1840.
From Belgium . . .	7
„ Italy	3
„ Hamburg . . .	39
„ Moldavia and Wallachia	27
„ Hanover . . .	4
„ Switzerland . . .	6
„ Cracovie . . .	25
„ Denmark . . .	12
„ Brunswick . . .	5
„ America . . .	12
„ Other Countries . .	12
In all	1576

On ascending to Graefenberg by the carriage road, the traveller will see a fountain erected by Wallachian and Moldavian patients, with this inscription—

V. P.

"Au Genie de l'Eau Froide."

And on descending by the foot-path to Freiwaldau, he will find another monument of a lion, on a pedestal, in bronze, erected by the Hungarians, with the following inscriptions in their language.

FRONT.

"As a punishment to man for his presumption in despising the beverage which he had in common with wild animals, he became diseased, infirm, and debilitated.

"Priessnitz causes the primitive virtues of water to be again known, and by it infuses fresh vigour into the human race."

SIDE.

"Priessnitz, the benefactor of mankind, merits the grateful and honourable remembrance of the Hungarian nation; the erectors of this monument invite their countrymen of future ages to the vivifying springs at Graefenberg.

"MDCCCXXXIX et XL."

Besides what has been done in other states, upwards of forty hydropathic establishments have sprung up in different parts of Germany. There is hardly a journal published in that country that has not taken some notice of this mode of treating disease; and books have been published on the subject in almost every continental language. England alone forms an exception, which it is difficult to account for. And these enormous results, this wonderful revolution in the medical world, as I may well call it, have all been attained by the zeal, vigour, and genius of one man, and that man originally an uneducated peasant.

CHAPTER IV.

THE HYDROPATHIC TREATMENT.

THE question now arises, what complaints are curable by Mr. Priessnitz's treatment? On this subject I shall quote the opinion of Rausse, author of an excellent work on Hydropathy, which has passed through several editions. He says, "It is impossible for a man to die of an acute disease who has sufficient strength left him to allow of water producing its reaction, and who from the commencement of his disease, is treated by Hydropathy. Every one who is not acquainted with the water cure will naturally doubt its wonderful power, and every doctor, when he reflects upon the number of patients labouring under acute diseases, who have perished under his hands, will, no doubt, laugh loudly enough at the new water system:" nevertheless, says this author, "I am not disposed to advance a doctrine which may be put down, and I therefore here publicly make known that I am ready by deeds, as well as with words, to prove all that I have stated as to the healing power of water." Rausse further adds, that to state what diseases are curable, would be a tedious occupation, and, therefore, he sums up in a few words those that are not; viz., all chronic diseases of the lungs; all organic defects, and all diseases in people whose muscles and sinews are past all power of action, and from

whom the vital principle has passed beyond recovery: and adds, "the cure of all acute diseases to Priessnitz is mere child's play, in no instance of nervous fevers or inflammations, in any stage, was he ever known to lose a patient; and what is still more worthy of remark, a radical cure is effected in a few days, without the subsequent debility which would result from any other treatment. Hydropathy completely supersedes the dreadful necessity of cutting men's flesh, or amputating their limbs. In chronic diseases, it may especially be remarked, that all persons suffering from the effect of mercury, in its manifold and dangerous forms, will derive instantaneous benefit, and, in the end, perfect health from Priessnitz's water cure. I can affirm that half Priessnitz's patients are under the influence of this pernicious drug. Then follow those obstinate complaints, gout, rheumatism, hemorrhoids, obstruction of the bowels, and their concomitant ills; also scrofula, syphilis, in fact, all diseases known by the term chronic, or connected with the nerves.

"*First.*—By this treatment the bad juices are brought to discharge themselves from the skin.

"*Secondly.*—A fresh or new circulation is given to the diseased or inactive organs, and better juices are infused into them daily.

"*Thirdly.*—All the functions of the body are brought into their original healthy state, not by operating upon any particular function, but upon the whole system."

These opinions of Rausse are supported by another author, Mr. Raven, who writes as follows:—

"The groundwork of the water cure is to warm the body by passive means only, so that an active heat may proceed from the system; and to produce this desired

effect, cold water is used in an infinity of ways. This is not effected by weakening the body, or by any deprivation of food; no bleeding; no surgical operations are resorted to, nor any description of medicine ever employed; but the great secret is, to subdue disease, and cleanse the system of all medicine, in a way dictated by nature, and not by art. The cure is only to be effected by great perseverance, a constant internal and external application of cold water, and by plain living. By the means of these necessary agents, strength is restored, and the system tranquillized."

Professor Mundé, who was perfectly cured of a painful complaint during his residence at Graefenberg, collected sufficient facts to form a most interesting work upon the system there adopted, on which we have drawn largely in the following pages. He enumerates a great number of diseases, the cure of which he witnessed himself; amongst them are, gout, rheumatism, tic douloureux, hernia, syphilis, piles, hypochondria, fevers of all kinds, inflammations, cholera, the gripes, &c.; and adds, that in all ailments, in the eradication of which medicine is known to be more or less powerless, the treatment at Graefenberg triumphs daily. The following are Professor Mundé's views of the water cure:—

Priessnitz contends that all diseases which are not occasioned by accidents, arise from vicious humours, which he calls bad juices; from these result either general derangement of the system, or disorder of some of the organs. Consequently, the object of his curative method is to expel the bad juices, and replace them by good. The means which Priessnitz employs to attain this end, are water, air, exercise, and diet. Is he right

in looking for the diseases, or, at least, their causes, in the humours? This is a question which I do not pretend to decide; but if we judge by the success which attends his method, when followed up with constancy, we should say he must be right; for, generally speaking, with the aid of the above four means, he cures all diseases which professional men acknowledge to be the result of drugs; nay, more, this view of things agrees with the opinion of some of the most celebrated doctors of the last century, to whose practice Priessnitz's treatment bears a great resemblance.

In 1792, there appeared in Brunswick, a work dedicated to Frederick William III., where the entire method of Priessnitz is proposed; viz., cold bathing, cold food, much exercise, free air, and moderation in the use of spirituous liquors, and of spices, and advice more especially given to persons attacked by rheumatism. Some lines before these, the author puts people on their guard against the abuse of medicine, and says, seriously, of two invalids, one of whom will not hear of any remedy, whilst the other recurs to medicine on the slightest indisposition, that the wisest is the first; for nature, in the majority of illnesses, knows how to relieve herself without having recourse to external influences, provided she has time and repose.

Various causes engender vicious juices; the principal are food of bad quality, the excess of good, the suppression of perspiration, the want of exercise, and mental affliction, acting violently upon the system; such as anger, sorrow, care, or melancholy. Priessnitz considers all sour and heating aliments unwholesome, also all sorts of spices, alcohol, beer, coffee, tea, wine, and spirituous liquors, the property of which is to engender

and stimulate bad juices; chocolate, acids, pepper, mustard, and salt fish, are forbidden those who submit to his treatment. Priessnitz has no objection to indigestible food, such as all sorts of meat, even pork, geese, ducks, and all farinaceous food; but to delicate stomachs, he advises a moderate use of them. Too much food, when even easy of digestion, forms the juices in too great a quantity and too thick, which is the source of many diseases: but in most cases, it escapes digestion, remains in the stomach and intestines, and by its corruption produces serious accidents: indigestions are frequently the cause of death.

From the most remote antiquity, it was believed that in general, a man exhaled daily three pounds of superfluous juices in perspiration, and this fact has been proved most incontestably by the experiments made by Sanctorius, who passed (it may be said) twenty years of his life in a balance, weighing carefully every day how much he had introduced into his belly, and how much went out of it. By this we may easily conceive the disorders produced by the suppression of so important a function, and by the retention of so large a quantity of excremental juices in the system. How many disorders are we not acquainted with, which are to be cured by perspiration alone. The great organ, the skin, in the functions of life, is of much more importance than is generally believed. It is really astonishing, that even persons who are convinced of this truth, neglect, in a manner quite inexcusable, to give to this essential organ the attention or cultivation which it requires. Our astonishment is doubled when we see medical men themselves treat the subject with so little attention. Does not this arise from their having become too deli-

cate themselves to use cold water for their own health, so that they cannot recommend to their patients what they do not do themselves? The washing of the whole of the body to them appears in effect an impracticable matter, but they see no objection to purging, and giving emetics to entire families—a practice which is very far from being effectual. Cold ablutions are, beyond doubt, very requisite to keep up the exhalation necessary for the maintenance of health; but the drinking of cold water contributes most essentially to the accomplishment of that object, preventing the stagnation of juices, and ensuring a regular circulation. It is also not less important to bring the body, as often as possible, in contact with fresh air, since it is from the air that we imbibe the vital principle: it is the oxygen entering into the constitution that keeps alive the spark of life; the less there is of air and oxygen, the less there is of life. Here is all the mystery of our existence.

The pernicious influence of mental sufferings, and of violent passion, is too well known to need any comment. Undoubtedly, it is not always possible to avoid either one or the other; however, anger may be moderated, or at least the occasions which give rise to it may be in great part avoided. In simplifying and limiting our wants we lessen and soften down our cares. In life there is no condition that may not be ameliorated by patience. Abstinence in the use of water is in its turn a source of evil; its immediate result is the thickening of the juices, and generating an acrimony which gains upon the blood: a degeneracy which the dissolving virtue of water would have prevented. It is a great and a dangerous error to think that water may be supplied by tea, coffee, and beer. Women in particular are injured

considerably by the prevalence of this mistaken notion; they forget that water is the first dissolvent in nature, that it softens and attenuates the thick and acrid humours, and that, decomposed by the digestive organs, it communicates to the system a new life, in supplying the oxygen which enters into its internal composition. Before I conclude this article upon the cold water treatment, I would again press upon the attention of invalids, the complete absence of all danger, and the extraordinarily quick progress, which in most cases is made towards convalescence under this treatment; and must here again observe, that Mr. Priessnitz's great talent lies in judging what will be suitable to all constitutions, and all ages, from the child in the cradle to persons of the most advanced age. Some people are made to perspire every day, every other day, or every third day, whilst perhaps, for at least one-half of his patients, he never prescribes perspiration at all, but most judiciously subjects them to treatment, that whilst it brings about a cure, has the effect of strengthening and invigorating the system.

This peculiar talent, as far as the author has been able to learn, is confined to Mr. Priessnitz. Books have been written, showing the different modes by which it is affirmed people may treat themselves; but how far it is judicious to try to do so, may be judged from the fact, that in no instance is Priessnitz ever known to pursue one steady undeviating course. His proceedings, as indeed we may easily imagine, all depend upon the age of the parties, the soundness or debility of their constitutions, their temperaments, the extent and duration of their disease. The effects of water are influenced by too many incidental circum-

stances to admit of any fixed rules. This renders it highly desirable for persons who have the means, to go to Graefenberg, rather than to treat their own diseases, or to intrust their cure to any of the other establishments in Germany; for it is doubtful if any of their proprietors have studied the science sufficiently, and still more so, if any one of them will ever possess the penetrating genius which distinguishes Priessnitz: for it might with great justice be asked, "Where, in the history of the world, do we find any medical man, who, like Priessnitz, has had under his charge nearly 3000 patients within two years; who can say with him, that he has not lost during that time more than two individuals?" After being cured at Graefenberg, however, great precaution is requisite before we indulge in any sort of dissipation, or the consequences may be serious.

The Rev. JOHN WESLEY, A.M.,

published a work in 1747, (nearly a century ago,) which went through thirty-four editions, called "Primitive Physic, or an Easy and Natural Method of Curing most Diseases."

After deprecating the manner in which drugs were imposed upon mankind, the mysteries with which the science of medicine is surrounded, and the interested conduct of medical men, the Rev. Gentleman proceeds to show, that he was fully aware of the healing powers of water, and by the long list which he has given, and which follows, it will be evident that he thought water capable of curing almost every disease to which human nature is exposed.

"The common method of compounding and decom-

pounding medicines, can never be reconciled to common sense. Experience shows, that one thing will cure most disorders, at least as well as twenty put together. Then why do you add the other nineteen? Only to swell the apothecary's bill! nay, possibly on purpose to prolong the distemper, that the doctor and he may divide the spoil.

"How often by thus compounding medicines of opposite qualities, is the virtue of both utterly destroyed?

"Nay, how often do those joined together destroy life, which singly might have preserved it?

"This occasioned that caution of the great Boerhaave, against mixing things without evident necessity, and without full proof of the effect they will produce when joined together, as well as of that they produce when asunder; seeing (as he observes) several things which separately taken are safe and powerful medicines, when compounded not only lose their former powers, but commence a strong and deadly poison."

In recommending to his followers the use of water, Mr. Wesley proceeds to state, *that cold bathing cures young children of the following complaints:*—

Convulsions, coughs, gravel	Pimples and scabs
Inflammations of ears, navel, and mouth	Suppresion of urine
Rickets	Vomiting
Cutaneous inflammations	Want of sleep

Water, he further adds, frequently cures every nervous* and every paralytic disorder. In particular

* "And this I apprehend, accounts for its frequently curing the bite of a mad dog, especially if it be repeated for twenty-five or thirty days successively."

Asthma
Agues of every sort
Atrophy
Blindness
Cancer
Coagulated blood of the bruises
Chin cough
Consumption
Convulsions
Coughs
Complication of distempers
Convulsive pains
Deafness
Dropsy
Epilepsy
Violent fever
Gout (running)
Hectic fever
Hysteric pains
Incubus
Inflammations
Involuntary stool or urine
Lameness
Leprosy (old)
Lethargy
Loss of speech, taste, appetite, smell
Nephritic pains
Palpitation of the heart
Pain in the back, joints, stomach
Rheumatism
Rickets
Rupture
Suffocations
Surfeits at the beginning
Sciatica
Scorbutic pains
Swelling in the joints
Stone in the kidneys
Torpor of the limbs, even when the use of them is lost
Tetanus
Tympany
Vertigo
St. Vitus's dance
Vigilia
Varicose ulcers
The whites

Water prevents the growth of hereditary

Apoplexies
Asthmas
Blindness
Consumptions
Deafness
Gout
King's evil
Melancholy
Palsies
Rheumatism
Stone

Water drinking generally prevents

Apoplexies	Madness
Asthma	Palsies
Convulsions	Stone
Gout	Trembling.
Hysteric fits	

To this children should be used from their cradles.

We then find the following prescriptions :—

For Asthma.—Take a pint of cold water every morning, washing the head in cold water immediately after, and using the cold bath.

Rickets in children.—Dip them in cold water every morning.

To prevent apoplexy.—Use the cold bath and drink only cold water.

Ague.—Go into a cold bath just before the cold.

Cancer in the breast.—Use the cold bath. This has cured many. This cured Mrs. Bates, of Leicestershire, of a cancer in her breast, a consumption, a sciatica, and rheumatism, which she had nearly twenty years. N.B. Generally, where cold bathing is necessary to cure any disease, water drinking is so, to prevent a relapse.

Hysteric colic.—Mrs. Watts, by using the cold bath two and twenty times in a month, was entirely cured of an hysteric colic, fits, and convulsive motions, continual sweatings and vomitings, wandering pains in her limbs and head, and total loss of appetite.

To prevent the ill effects of cold.—The moment a person gets into a house, with his hands and feet quite chilled, let him put them into a vessel of water, as cold as can be got, and hold them there until they begin to

glow, this they will do in a minute or two. This method likewise effectually prevents chilblains.

Consumption.—Cold bathing has cured many deep consumptions.

Convulsions.—Use the cold bath.

Mr. Wesley, in this valuable little work, prescribes for almost every complaint; and the reader of it will be struck with the great similarity of his treatment with that which is recommended in Hydropathy; for in the majority of cases, he recommends the use of that element which we are so strongly contending for, namely, cold water.

CHAPTER V.

DRUGS.

Thus with our hellish drugs, Death's ceaseless fountains
In these bright vales, o'er these green mountains
Worse than the very plague we raged :
I have myself to thousands poison given,
And hear their murderer praised as blest by Heaven
Because with Nature strife he waged.

GOETHE'S FAUST.

CUSTOM has such a wonderful influence over the majority of people, that it is with difficulty they can be aroused into any inquiry calculated to derange the existing state of things. All change, however beneficial, is attended with trouble, and they, therefore, prefer to adopt the motto that "Whatever is, is right." This very motto is the key to our method of cure—as it is to that of every other great moral truth. Yet, to quote the words of Rausse, "We do not take this in the sense the philosophy of our days, or in the sense of the German philosopher Hegel, for then we must consider falsehood and assassination to be good. Rather would we take these words in the sense in which they were first proclaimed by the philosopher of Geneva, in the sense in which the *first citizen* used them for the foundation of his truths: thus, that which is produced by nature is good, all inclinations, all impulses of men derived from

nature, are good; and every misusage of nature is an outrage which nature punishes with misery and pain. All the great principles of the art of curing at Graefenberg, attested as they are by thousands, were dictated by the instinct which nature has given to every human being as his inheritance."

But are not all the cures performed by simple cold water, all the results of Graefenberg, all the doctrines of the different writers on Hydropathy, opposed to science? We answer in a certain point of view, Yes; and cannot shut our eyes to the fact, that nature refuses all respect for what is now denominated learning, nay, tramples upon revealed sciences, particularly on that of medicine. By what delusions were mankind, in the first instance, persuaded to submit to the use of poisonous drugs? In the middle ages, the use of water as a drink, and a cure for disease, fell into total disuse, when, in the time of the Crusades, the Arab doctors introduced the use of Oriental drugs, to which they attributed miraculous virtues; and during the period of astrology and alchymy, and when such assiduous researches were made for the philosophers' stone, almost every nation boasted of having found some panacea, some elixir vitæ; sometimes it was an oil or a herb, at others, a powder or mineral, until, in process of time, these accumulated in such numbers, that the administration of them formed a science. But, we would inquire, are the effects of these compounds such as to lead us to conclude, that they were recommended by nature? Have mankind become healthier since their introduction? No, quite the contrary. Are those nations who have done most homage to this science, the strongest and soundest? No; for they are beyond contradiction, physically, if not morally,

the most miserable of all. Again, we would ask, are those individuals amongst them who do most to aid the apothecaries healthier than the others? or, are those who constantly consult doctors free from pain? We have the same answer, No! their lives are worse than death. But if we did not know to the contrary, we should certainly conclude that doctors are healthy. This may fairly be expected from future water doctors, otherwise, like the rest, they would manifest their incompetency in their own persons. No one seems to reflect that at least a doctor ought to be able to cure himself. We are so accustomed to illness and wretchedness, that we consider it a necessary part of this life, and are the less disposed to complain, since the masters of physic suffer very seriously from its effects themselves.

Some writers suppose mankind have arrived at an age of decrepitude; but in this they err, from its not occurring to them that the lamentable state of public health arises from art and not nature. If you wish to be convinced of this, go to the forests of savages. There you will see that the present man of nature is as young and strong as the first who was created; the generation cannot grow old except by art, poison, or vice. Prescribe simple spring water, and it is rejected with scorn, but let any quack recommend his drugs, however poisonous, and they are swallowed and paid for on the instant. One would suppose that it must have been the Enemy of all Good only, that could have first persuaded mankind that poison could produce health.

The evils that arise from pernicious drugs, which have swept away millions, and which will destroy the whole species if no reform take place, originate in misunder-

standing the first or acute disease, which is but an attempt of nature to heal. Men took the symptoms of fever for the disease itself, and being relieved by bleeding, blistering, and drugs, they praised the unlucky discovery. From this cause a host of deadly diseases took their origin, such as destructions and suppurations of the inner organs, dropsy, &c., diseases which were hardly known in times of yore, and which would never have reared their heads but for the poisonous effect of drugs and the general distaste for water, the only element prescribed by nature. However, as the lamentable consequences do not appear until, perhaps, years after the suppression of the acute conflict have elapsed, no one thinks of accusing drugs as the cause. This is the most dreadful malady of mankind, the poison-plague dug out by themselves spontaneously from the black abysses of the earth; thus has it been cherished and stared at as the effects of deep science for centuries; thus has frequently the last shilling been offered up at its altar. For this, the greatest enemy that could have beset mankind, as many millions have been spent as would pay off the National Debt: to the study of these dangerous errors, have millions of men applied the whole of their lives and their ability: backed by science, they contend against nature; but *how* does Nature punish those who wish to master her? Oh, great, unspeakable Nature! how dreadfully beautiful art thou, in thy inexorable and destroying severity!

Mankind may still turn back, and regenerate health, fortune, and youth; but it is not sufficient for them to renounce physic:—They must abandon wine, spirits, and poison in every shape. The following are some of Mr. Priessnitz's chief theories:—

I. Health is the natural state of the body.

II. The causes of bodily disease, which do not proceed from external injury, are material, and consist of foreign matter introduced into the infected system.

III. This foreign matter is divided into four parts:—

1. Bodily substances which ought to be carried off, but have not been evaporated in proper time.

2. Substances which, according to their nature, cannot be assimilated with the human body, and, notwithstanding, have got into the stomach, or the skin, or have penetrated into the interior.

3. Contagious ulcers.

4. Corruption of the elements, water and air; epidemical diseases.

IV. Every acute disease is an attempt of the system to dispel diseased matter.

V. Fever is not the disease itself, but the consequence of it; it is an effect of an exertion greater than the power of the system.

VI. The radical healing of acute diseases is only possible by separating the diseased matter by means of water, an agent which invariably effects its object, and that always in a manner perceptible to the senses.

VII. By means of physic and bleeding acute diseases become chronic; the system, medically treated, seldom attains a partial, never a total ejection of diseased matter; therefore, physicians never get a sensitive perception of the causes of disease.

VIII. As sooner or later a body must yield to the effects of drugs, it is quite impossible that any one suffering from chronic disease, should die a natural death, unless he be healed by Hydropathy.

IX. Chronic disease cannot be permanently cured by

drugs: Hydropathy alone will effect this, by changing the chronic evil to acute eruptions, which are cured in the same way in which first acute diseases are cured, viz., by the water treatment.

X. Mankind, like other organic beings, ought to live according to nature's laws, without pain, and die a natural death, that is to say, without illness or suffering. But with us almost every body dies from the effects of poisonous drugs, intoxicating liquors, adulterated food, want of water, air, and exercise. To this rule there are but two exceptions. First, if the elements, air or water, or both, be deteriorated, the two principal requisites of health disappear, and epidemics are the inevitable consequence, to which men as well as animals are exposed. Secondly, men are exposed to contagious diseases, but, except from epidemics and contagious disease, no one who has grown up in a natural water regime can be attacked by illness, (outer hurts or hereditary complaints excepted,) and of these two diseases he can be generally speedily cured, and after the cure will always retain his health.

XI. To think of curing disease with the poison commonly called physic, must, to the reflective mind, appear paradoxical, because it is impossible to bring the physic to bear upon the dispersed and deeply-hidden diseased matter; and even if this could be done, it is quite impossible, as every chemist knows, that the morbid matter and physic should mutually dissolve each other into nothing. The consequence of such treatment with physic is, that to the old evil, a new stimulus is added, weak or strong, according to the dose and quality.—"What is inflammable stays in the blood, and afterwards affects the brain."—ARBUTHNOT.

XII. No effective cure, whether of men, animals, or plants, can be made from the ejection of the diseased matter by means of their own organic strength, unless aided by the dissolving elements, air and water.

XIII. This is the treatment which nature bestows upon all her creatures, and it may be asserted without fear of contradiction, that without internal and external water diet, there can be no health for life. We must not look before us into the grey mysteries and doctrines of the future, for the true mode of curing disease, but far behind us, on the green plains of nature, and of the times which are past.

CHAPTER VI.

THE CRISIS.

The crisis is a period in the treatment when nature is about to resume her power over the disease, when the latter has been attacked, and is struggling to escape. It may be compared to a tiger which a man is tempting in its lair. For a short or long time, depending upon the caprice of the animal, it lies dormant, only occasionally giving signs of existence, when suddenly it rouses, and a violent struggle ensues. The man, however, proves the stronger of the two, and the animal retires worsted in the rencounter. In all future attacks, too, which are even less vigorous than the first, the tiger is defeated, until it finally quits its lair and flies from its human conqueror. Thus, at least, are old chronic diseases eradicated: in acute cases the first rencounter very often settles the affair. It is in a crisis that the giant mind, the wonderful genius of Mr. Priessnitz are made manifest. Such is the unbounded confidence of the patient in him, that every one ardently desires to pass through this ordeal, it being the sure road to health. It must be here observed, that though this is very often a painful period, the assuaging power of water, the non-necessity for confinement and change of diet, added to the perfect security which every one feels as to the result, renders it tolerable; and the stranger is struck by the novelty

of hearing people compliment one another on being informed that they have passed a feverish night, or that a rash or boils have broken out on some part of the body. This is, however, soon explained by the knowledge which they acquire at Graefenberg, that these are some of nature's means of resuming her wonted empire over the system. In and amongst the various discharges or evacuations which lead to the detection of disease, perspiration is more remarkable by its frequency. This could not escape the observing genius of Priessnitz: and it consequently became one of the chief agents or instruments in his mode of cure. "If we consider," says he, "the quietude of the circulating and respiratory organs when not stimulated by drugs, or agitated by any violent movement of the body or mind, we can easily conceive that cold water drank during a perspiration caused by the concentration of the natural heat of the body by blankets or other coverings which are brought in immediate contact with the skin, far from deteriorating the constitution, must greatly refresh and relieve it."

This is a fact which all invalids who have tried the experiment readily admit. An officer in the Prussian army, author of the most concise and best written work on the cold water cure, told the author that six years ago he was radically cured at Graefenberg, of a complication of diseases, to the astonishment of all the medical men whom he had previously consulted: that he had the so-called crisis there: the first crisis was painful and distressing in the extreme, rheumatism returned to each part where he had previously felt it; his foot, which several years before had suffered from having been trod upon by a horse, was exceedingly painful, his hands and feet became

double their ordinary size, and any one might have tracked his path to the bath by the discharge from the latter. This lasted for about ten days. Afterwards he had two other attacks, each inferior in intensity to the preceding one. After the last he found that his hearing, which he had lost for two years, was perfectly restored; he could walk as well as ever he did, a necessary pleasure of which rheumatism had altogether deprived him, in fact, he was a new man, and since that period he has been perfectly well. This gentleman said that whilst in a fortress, after his cure, with his regiment, almost all the officers, except himself, suffered from influenza, which he completely escaped, from drinking cold water and making several ablutions a day. Not only did these means preserve his own health, but he had the great satisfaction of being useful to his aged mother, through their medium. This lady, on awaking one morning, found that she was wholly deprived of the use of one side of her body. As she lived in the country, far from any physician, nothing remained but for the officer to exercise the knowledge he had gained at Graefenberg, and in this he proceeded as follows: First he caused three women to rub her as hard as they could all over, particularly on the side afflicted, with their hands dipped in cold water, for half an hour; then he had her placed in a wet sheet for about the same time, and from that immersed in a bath with the chill off the water; here the women again rubbed her for fifteen minutes, she was then dressed, and was able to walk about and use her limbs as if nothing had occurred.

The following allegorical lines, we think, might, with great justice, be literally applied by the individual who

has passed through the crisis, and been restored to health at Graefenberg :—

"Most blessed water! neither tongue can tell
The blessedness thereof, nor heart can think,
Save only those to whom it hath been given
To taste of that divinest gift of Heaven.

I stopped and drank of that divinest well,
Fresh from the rock of ages where it ran,
It had a heavenly quality to quell
All pain: I rose a renovated man;
And would not now, when that relief was known,
For worlds the needful suffering have forgone."

SOUTHEY.

CHAPTER VII.

HYDROSUDOTHERAPIA, OR SWEATING, AND THE BATH.

This part of the treatment is disagreeable; nevertheless, one soon becomes accustomed to it. The position which it is necessary to remain in, and the irritation it provokes, are at first unpleasant; but as soon as the perspiration commences, a pleasing sensation or relief is felt, which is much increased by the air that enters from the window, which at this time may with impunity be thrown open.

Amongst the evacuations which lead to the relief of disease, perspiration is, from its frequency, naturally one of the most prominent.

The principal advantage of this new process, the invention of which is entirely due to Priessnitz, is, that it does not stimulate the blood like other sudorifics. The organs of perspiration, which vapour baths excite extremely, are left perfectly tranquil, any slight irritation which the body may experience is calmed by the fresh air, whilst the blood is refreshed by cold water, which may be administered at this time; thus all congestion of the blood to the chest or head is prevented. These advantages give to the sudorific process such efficacy, that it may be resorted to every day for many months, without ever weakening the frame: and the mere knowledge of this fact at once explains the possibility of

curing, with its aid, the most inveterate diseases. We must, however, become witnesses of its application to the innumerable cases in which it has borne so conspicuous a part at Graefenberg, before we can form an idea of its real importance. This is shown especially in the division and attenuation of morbific humours, which it stimulates sufficiently to attract to the skin; whilst the cold bath, which follows immediately after, sustains the tone, augments the energies of the patient, assists the circulation, and, in fact, relieves all the stagnant humours. This process of sweating determines, in a positive manner, the nature of the diseases which come under Mr. Priessnitz's mode of treatment. All affections caused by the bad juices are submitted to this process, which is conducted in the following manner:—

The invalid is enveloped, naked, in a large coarse blanket, the legs extended, and the arms kept close to the body; the blanket is then wound round it, as tight as possible, turning it well under at the feet: over this is placed, and well tucked in, a small feather bed, sometimes two, such as are usually employed in Germany, instead of a number of blankets; finally, a counterpane and a sheet are spread over all: thus hermetically enveloped, the patient exactly resembles a mummy: sometimes, when perspiration is difficult, the head, with the exception of the face, is also covered: but this expedient is not resorted to in the case of persons who have a tendency of blood to the head. The irritation caused by the blanket, and the closeness and duration of the confinement, render this operation disagreeable, especially, as I have already observed, until perspiration commences, which, in some cases, takes place in half an hour, in others in an hour, or even only two hours.

After this, the patient sweats according to the orders of Mr. Priessnitz, for from half an hour to two hours. Previous to this packing up the patient, a urinal is placed between his legs, and any diseased part is bandaged with a damp cloth. When accustomed to this operation, the patient will be able to sleep, until awakened by his attendant; those who perspire with difficulty, are requested to move their legs, rub the body with their hands, and make all the movement that their close confinement will admit of. This little movement accelerates perspiration, which is always more tardy in summer than in winter: but, it should be observed, that if perspiration can be easily promoted without any exertion whatever, it is much more desirable.

As soon as perspiration commences, the windows are opened, and the patient, if he wishes it, is allowed to drink a glass of cold water every half hour; this is not only found extremely refreshing, but aids the sweating.

If, during the process of perspiration, the patient should experience any head-ache, he may bandage the head with a damp cloth, an expedient which almost invariably succeeds in attaining its object. The duration of the sweating depends much upon the nature of the disease, the individual, &c.; in deciding this, Mr. Priessnitz shows his great skill: there are some who sweat every day, others every other day, or every second or third day only.

One would imagine that so much and such constant sweating must have the effect of weakening patients and making them thin; but at Graefenberg the contrary effect is observed, where there are many who, although they were subjected to the loss of several pounds a day in perspiration for upwards of twelve months, have yet

preserved their original weight and strength; in fact, the latter was much improved, as well as their personal appearance. To facilitate the drinking of water when in this state a small glass pipe is used, one end of which is put into the mouth and the other into the glass.

When the patient has sweated long enough, which in ordinary cases is determined by the perspiration breaking out on the face, the attendant takes off the different coverings until he comes to the blanket in which the invalid is to proceed to the bath; but previous to so doing, he is furnished with a pair of straw shoes, and the attendant (baddiener) damps the face, and that part of the legs and feet about to be exposed to the air, with a wet cloth. After the blanket is well arranged round the body and drawn over the head, the patient proceeds to the bath, which is either in an adjoining room or down stairs; here he throws aside the upper part of the blanket, and washes the top of his head, his face, neck, and chest, and then enters the bath, where he remains from two to eight minutes, according to Mr. Priessnitz's instructions, whose mode of practice is diametrically opposed to the theory which forbids a body heated and covered with perspiration to be exposed to cold. Notwithstanding this, the two theories are equally well founded. The doctors are right in guarding against the influence of cold, when the body is heated by movement, or stimulated by sudorifics, for in this case death might be the consequence of such imprudence. At Graefenberg the organs of circulation and respiration receive no impulse, either from movement or from remedial measures; but, on the contrary, they are in a perfect state of repose; besides which, it is not with a dry cold, that is to say, with the cold air, that the skin is brought into

contact, but it is the action of cold water upon the body, in a state of perspiration, which irritates the skin in a manner not to be expected from the air to which we are constantly exposed. This sort of irritation determines the reaction or the produce of heat, which is not developed from a dry cold. To what other cause can be attributed that fine red colour of the skin which all persons who have force to produce a reaction, exhibit after each bath?

This redness, which succeeds the douche as well as the bath, is for the doctor, as well as the invalid, a perfect touchstone. It gives to the first the assurance of his patient having strength to contend with the disease, and to the other a well-founded hope of being cured; for from the activity of the skin after the bath, an idea is formed of the more speedy or more remote chance of success.

The sweating which precedes the bath not only makes a powerful impression upon, and attracts the morbid humours to the skin, but it contributes again to engender a more intense heat in the system; this heat is of importance even in the bath, as it enables the body to support, for a longer time, the effect of cold water, which assists the more the longer it is continued. It is to be observed, that the longer the exterior cold and the reaction are kept up, the more the morbid humours are pressed to the skin, but the surplus of the internal heat ought not to be exceeded, for fear of producing congelation. Spontaneous nocturnal perspirations, which are called at Graefenberg weakening sweats, ought to be avoided; this is to be done by covering the body very lightly, and by washing it at night with cold water. It is sometimes necessary when the skin is attacked by

atony, to envelope the invalid in a wet sheet, in order to give it a tone before he is covered up for sweating. It must here be observed, that sweating is not administered to one-half of the patients who resort to Graefenberg; all depends upon what Mr. Priessnitz thinks of their strength. Many persons who have commenced the water cure in other establishments in Germany, have been very much injured in their health by the injudicious use of this process, an evil which, owing to the superior skill and extraordinary powers of discrimination of Mr. Priessnitz, is never to be feared at Graefenberg.

BIBLIOTHECA BODLEIANA

CHAPTER VIII.

ABLUTIONS.

Cold wet bandages.—Use of Cold Water for Drinking and Injections.

In cases of extremely weak persons, washing all over is substituted for the bath or douche, and water is poured on the heads of those subject to feverish irritation, which descends and wets the whole body, whilst it is rubbed with the hands first all over, and then partially upon those parts affected.

When the weakness of the invalid does not admit of this rubbing, a wet sheet is applied, not so well wrung out as usual, upon which it is easier to use the prescribed friction. This latter process is to be preferred to the bath, when any doubt exists as to the patient not being able to support the immersion in the water. It is particularly beneficial to children.

We cannot recommend the ablutions too much, to persons who are desirous of treating themselves: they are recommended principally on rising in the morning, and at night, before going to bed. In trifling complaints, gout in its infancy, nervous irritability, or in weakness of the skin, these ablutions, accompanied by drinking abundantly of cold water, are very often suffi-

cient to establish health. These ablutions should be performed in the morning, in preference to the evening, immediately on getting out of bed, before the body has become chilled, and the patient must afterwards take exercise in the open air. In order to use the wet sheet as an ablution, the person affected stands up in the room, when a servant throws it over his head and body; the latter should be well rubbed outside the sheet for five minutes, and then the wet sheet should be succeeded by a dry one. Let any fatigued person try this, and he will at once perceive its great utility.

Applications of Cold Wet Sheets and Bandages. (The Sheets are called Leintuchs, and the Bandages Umschlags.)

These cold applications fulfil two objects diametrically opposed to one another, *i. e.* the first to calm, and the second to stimulate. The bandages which refresh are used in cases of inflammation, congestions of the blood, head-aches, &c.; to these are always added the sitting (sitz) baths. For this purpose, linen, after being wetted in cold water, is doubled several times, and then placed upon the parts affected, where it ought to remain until it begins to get hot, and then renewed, until a cessation of the cause for which it is supplied ensues.

The sitz baths ought always to accompany these bandages, as they prevent the increase of heat to the head, and are most efficacious in allaying inflammations which attend fractures or other wounds.

The stimulating bandages are highly important; they differ in some respects from the first. A piece of linen

or part of a towel, after being dipped in cold water, should be well wrung out, and then so hermetically applied to the afflicted part, that the external air cannot penetrate. This is effected by another bandage, perfectly dry, being placed over the original bandage or damp one: by which means all the humidity is retained, or thrown upon the system. This produces heat, which cannot be procured by any other means. This humid heat has a stimulating and dissolving property, it provokes perspiration, by which a quantity of vitiated humours are extracted, as is demonstrated at Graefenberg by the bandages and the water that they are washed in. Prince —— who, twelve months previous to going there, had rubbed into his leg a light green ointment for about a fortnight, found that the whole of it came out of the flesh, by means of these bandages. They are renewed when they get dry, excepting at night, when they are allowed to remain. These cold bandages are applied to various parts of the body, and are so important, that every person under the treatment is conversant with their use. They are applied in an infinity of ways. Those afflicted with complaints of the chest and throat, wear one round the neck and on the breast, at night; those with weak or inflamed eyes, wear one at the back of the head and neck, at night; those who have weak digestions, and are otherwise debilitated, wear one round the waist all day—whilst gouty and rheumatic subjects, have their feet and legs encased in them, by night. The umschlag, which this bandage is called, is invariably applied to all wounds, bruises, and generally to diseased parts, as also to any part of the body where pain is felt. Its assuaging power is almost incredible. The bandage for

the waist, consists of a towel about three yards long, and from half a foot to one foot wide; two-thirds of which are wetted, and one-third left dry. The wet part is wound round the belly, and the dry part covers it. Strings are attached to the dry end, so that it may be tied. The property of this fomentation is to increase the heat of the stomach, and thereby assist digestion; from which results the formation of better juices; it cures intestine congestion, constipation, relaxation, and appeases the cholic and gripes.

There is no local chronic disease which does not require the application of these fomentations; amongst which may be more especially enumerated, gout, rheumatism, the enlarging of the bones, the arthritic concretions, abscesses, (with or without ulcers,) and chronic inflammations. Exterior injuries, and purulent effects of the cure, are treated in the same manner; as are also, cancers, caries, and syphilic ulcers. They calm the pain and aid the cure much better than ointments and plasters. These bandages not only protect the parts afflicted from contact with the air, but they promote the exuding of bad humours; by which the linen is much more easily impregnated, than with ointment and plasters. Let partizans of the latter remedies go to Graefenberg, and they will be convinced of the sovereign efficacy of these fomentations. It is in vain that we seek to cure malignant ulcers, that are retained in the system by impure blood, with ointments. The faculty know that such remedies seldom succeed in purifying the blood sufficiently to effect a cure.

At Graefenberg, this cleansing is effected without trouble; ulcers being an open emunctory for discharging the injurious humours, under the influence of the gene-

ral cure, and especially of fomentations; all the humours are evacuated by the ordinary channels, which nature chooses for this purpose. In defect of pre-existing ulcers, the treatment seldom fails to produce abscesses, which serve as issues to the vitiated juices.

Need I again state what is properly the practice in the treatment of fevers, and diseases of the skin, such as ringworms, small-pox, measles, and scarlet-fever?—One is not surprised at a little fear being manifested on learning, that these invalids are enveloped in a wet sheet; nothing is more true, however, than that this fomentation tranquillizes the patient, facilitates the eruptions, and provokes, in cases of fever, a most beneficial perspiration. To carry this process into execution, a blanket is spread upon a bed, and upon that a wet sheet, the latter being previously well rung out. In this the invalid is hermetically enveloped, with the exception of the face. The blanket is closely wound round the body, which is already encased in the sheet. Many other blankets should be added, well tucked in, so as to produce immediate heat. To check a fever the sheet should be changed every half-hour. At Graefenberg, in desperate cases, we have known this done fifty times in twenty-four hours; when persevered in it never fails of success. When the fever is abated the patient reposes a little in the last sheet to promote perspiration, then he is placed in the half bath, not quite lukewarm, but still with the extreme chill taken off, (about 60 degrees of Fahrenheit,) for fifteen minutes, during the whole of which time he must be rubbed by two persons: and the water ladled out of the bath occasionally poured over the head and shoulders. When fever commences by cold shiverings, the bath is persevered in even for hours, until a

general heat is infused into the body. When there is a difficulty in obtaining a bath, a sheet perfectly wet, that is not wrung out, should be thrown over the patient, and that should be well rubbed against the body for five minutes. It is only on their first application that these sheets and bandages are disagreeable, as they become warm almost immediately. I would here ask, what medical treatment is pleasant? Are drugs, blisters, or leeches so? Are they sure of producing the wished-for results? If the last question were put as respects Priessnitz's mode of treatment, I should answer, yes. For, in cases of fever, however intense, whatever their nature, he never was known to lose a patient. Experience proves that cold water applied to any part of the body disengages and relieves the skin, and causes the reaction of the whole system, which it excites from 45 to 50 degrees of heat above the usual temperature of the body. Part of the water is imbibed by the afflicted organ; which, with the heat thus produced, dissolves the morbid remains, and aids also their evacuation by the pores of the skin. This is daily proved at Graefenberg by the disagreeable smell and colour of the bandages, which partake of each particular case.

To those who have never been at Graefenberg, or any other Hydropathic establishment, the application of wet linen will doubtless appear fraught with danger; but so little is this the case, that their application is the first step taken by Mr. Priessnitz with aged people, with infants, and with those of weak, nervous, or extremely delicate constitutions, in order to harden the skin and prepare them for the bath, and to strengthen them generally previous to any other application of the cure. So far from persons subjecting themselves to the risk of catch-

ing cold by wearing these bandages at night, we find at Graefenberg numbers of the greatest invalids almost encased in them nightly. Let any one in pain, or who has a sore throat, try them, and he will soon be a convert to our opinion. Such are the soothing effects of lying half an hour in a wet sheet, and then entering a bath, that we do not hesitate saying, any one who contemplated suicide would be diverted from his intention after having tried the experiment. Weakly patients are subjected to this treatment very often twice a day, and it is a means, when children are restless and cannot sleep, of administering immediate relief to them.

I would again explain (because this is a part of the treatment that may be used by any one and any where) that the umschlag or bandage consists, first, of a piece of linen once or twice doubled, dipped in cold water, never in any other, and well wrung out; over this must be placed another piece of linen, sufficiently large to conceal the former. These are worn together, sometimes on one, at other times on several members of the body at the same time, and generally at night, though where there is pain they may be worn also by day. Such are the extraordinary results of these cold linen applications, that if they were the only discovery made by Priessnitz, it would be sufficient to render his name immortal.

Use of Cold Water for Drinking and Injections.

"Water is the chief ingredient in the animal fluids and solids; for a dry bone distilled, affords a great quantity of insipid water; therefore, water seems to be the proper drink for every animal."

Arbuthnot on Aliments.

Priessnitz whilst under the treatment prescribes only as much water as the stomach can support without in-

convenience; less than twelve glasses a-day would not be sufficient, and from that number up to twenty or thirty may be drank. It will soon be easy for persons who proceed gradually to accustom themselves to the drinking of water. In the beginning of the cure, the want of thirst appears to be the great obstacle; but it is not long before the desire is felt for drinking. This is perfectly natural; for so great a quantity of juices cannot be lost by perspiration, without nature feeling the necessity of replacing them. A great deal of exercise, causing perspiration, also produces thirst. Most of the processes of the cure are stimulants, and produce greater heat, which heat becomes another source of thirst. Priessnitz attributes much of this thirst to the presence of bad juices. His opinion is founded on the remark, that thirst generally ceases after their evacuation. Some persons on first drinking water feel sick, or even are sick, or else have diarrhœa; these symptoms only prove that the stomach contains remains of diseases, which the water has disturbed. Instead of discontinuing it, it is requisite to drink more, the patient is then certain of getting rid of these inconveniences, as will be proved by the augmentation of appetite which soon follows.

When the stomach is in pain, from being overcharged, Priessnitz prescribes the drinking of cold water until sickness or diarrhœa is the consequence; and the patient need not abstain, but continue it till both symptoms have disappeared. This manner of proceeding is far preferable to the severe diet which is generally imposed when the stomach is overcharged. Priessnitz's method cleanses it of all impurities, which, with abstinence, pass into the blood. We know that vomiting also produces this effect; but this is a remedy that weakens

the stomach. Whilst water, on the other hand, has precisely the contrary effect.

Cold water, as a beverage, is particularly useful; it fortifies the stomach and intestines, by clearing them of the bad juices they contain: it favours the generation of new juices; it mixes with the blood by absorption; it spreads itself quickly through all the organs; it attenuates, purifies, and dissolves the sharp or thick humours, and discharges them by means of perspiration and urine. Considered as a means of diet for slight indispositions, bad digestions, and generally in all cases of disease for which the faculty recommend aperients or mineral waters, it cannot be too highly appreciated. On getting up in the morning, after a cold ablution, take a good deal of exercise, and whilst doing so, drink plentifully of water. It will have the same effect as a purgative or mineral waters, without, like the latter, weakening the digestive organs. All persons may drink cold water without the slightest risk or danger, and to those who, at a later period, intend proceeding to some Hydropathic establishment, the habit of doing so is strongly recommended, as it will facilitate their cure.

All times of the day are favourable to the internal use of water. Priessnitz, with respect to this, has no other rule than allowing people to drink any quantity of water they like, so that they are not inconvenienced by it; except that he thinks water and exercise, taken before breakfast, produce the best effects. It is above all after sweating that drinking cold water produces an expectoration of the glaires. Water may be drank after breakfast, but not so as to overcharge the stomach. During dinner the aliments should be moistened by some glasses of water, then the stomach must be left to repose;

some hours afterwards again water may be drank until supper time. Drinking after supper is no less useful; but it may break the rest, by causing the invalid to rise often in the night. We must not forget that exercise, which is to a certain degree indispensable, stimulates the action of the water, and accelerates the cure. Water, to produce the desired effect, ought always to be drawn fresh from the spring, and as cold as possible. The decanters which contain it ought to have stoppers, as the water in them will then remain longer cold and fresh.

Under the denomination of injections, we understand principally clysters, which the patient applies himself. When he is not in the habit of using them with cold water, they must not be applied at first for longer than two minutes; but by degrees the intestines become accustomed to it, and they, the clysters, are often absorbed like a glass of water introduced into the stomach. A second injection is repeated immediately after the expulsion of the first. Cold injections are used for constipations and diarrhœa, two diseases diametrically opposite, but which arise from the same cause, the weakness of the intestines. Thus the contradiction is only in appearance, the great object of injections being to establish the tone of these organs, and regulate their functions; they ought to be aided by the use of cold water in other ways.

There are also various injections in use at Graefenberg. I allude to those applied to other cavities of the body, such as the ears, nostrils, and the genitals. Particular syringes are used for these purposes, and are directed against the mucous matter in those parts. The best means of preserving the teeth is to wash the mouth often, after eating, in the morning, and particularly in

the evening; snuffing up water into the nostrils is the best means of curing a cold in the head. Scrofula in the nostrils is a disease very common in children, this also is treated with success by means of the same practice.

CHAPTER IX.

DROPSY.

MANY object to the drinking of cold water, on the ground that animals only drink to quench their thirst. This is true, but they do not live in our artificial state, nor are they subject to the influence of the mind. It cannot be denied that the nearer people approximate to nature, the less they need adhere to any prescribed rules; but man resorts to water to establish his health, therefore the quantity must be increased, not only for the purpose of allaying his thirst, but to dilute, dissolve, purify, and restore, in quantities which must depend upon the inconvenience or pain experienced. By this simple means, serious indispositions are often prevented. Another argument made use of against drinking cold water is, that it produces dropsy. In the first place, it is evident, that if this were true, such a complaint ought not to exist amongst us, for whoever heard of an Englishman drinking too much water? But we affirm, on the contrary, that this disease is caused by the injudicious administration of drugs; the use of too large a quantity of them; by omitting to drink cold water, and by neglecting to wash or bathe the body daily in that element.

If the skin is so much relaxed that it no longer throws out those matters which daily reach it from the interior

of the body, fluids are collected underneath the skin which ought to be evaporated, and which cause inflation, paleness, and cold; this is what is called dropsy.

The more the human body is injured by drugs, the more it is in need of strong perspiration, because it endeavours, by the aid of this physical agent, to relieve itself of all diseased matter. From this it may be inferred that no persons are more in need of the cold water cure than those who have taken too much physic. Further, strong poisons, of whatsoever nature they may be, whether mercury, blue pill, calomel, bark, or spirituous liquors to excess, frequently cause death by dropsy; sometimes this disease is caused by catching cold, but only those are liable to it who have produced a disposition to the complaint by relaxing the skin. The only remedy formerly known was to draw off the water by tapping, which operation, often repeated, gives a respite to life for a short time. This illness, in its infancy, may always be speedily cured by Hydropathy, and, in its most advanced stages, if there be any strength left in the constitution, this disease will be eradicated by the water cure; it being the property of this treatment to revive the activity of the skin, and enable the latter to indulge freely in the necessary ejection of perspiration.

From the returns of the year 1841, within the city of London and Bills of Mortality, amongst a people altogether opposed to the use of water, we find that from dropsy alone, the deaths amounted to no less a number than 584. Any one who never takes physic nor intoxicating liquors, and keeps to a water diet, may be perfectly sure of never being attacked with dropsy.

CHAPTER X.

BATHS.

Cold Water is employed externally in many ways. The baths are either entire or partial: the latter are divided into half-baths, sitz-baths, and foot-baths; the most limited baths are those which are only applied to parts afflicted: afterwards come the application of wet sheets, and then the douche and washing.

The entire or public bath at Graefenberg, is about thirty feet in circumference, and sufficiently deep for a man of the ordinary height to plunge into up to his neck. The water is constantly renewed by springs in the mountains, the waters of which are conveyed through pipes into the bath, and escape by an opening for that purpose, so that no impurities may remain; besides which, the bath is emptied and cleaned twice a day: but this remark applies to Graefenberg only, as at Freiwaldau, with but few exceptions, the houses are supplied with portable baths.

We have already shown that the immersion of the body covered with sweat, into cold water, is exempt from danger, provided the organs of perspiration are in a state of repose. The risk which is incurred of catching cold, if, on arriving at a river to bathe, we remain until the body is cold and dry, cannot possibly exist in this case; as we thereby abstract from the body the

heat which it requires to produce reaction, and thus lose the good effect of bathing. Then if we walk fast, or a long distance to the bath, it is requisite to repose a little in order to tranquillize the lungs, after which we must undress quickly and plunge head-foremost into the water, having first wetted the head and chest to prevent the blood mounting to those regions. This precaution is strongly enforced at Graefenberg. During the bath the head ought to be immersed several times into the water. Great care is requisite in not exposing the body, between throwing aside the blanket after sweating and entering into the bath.

It is highly advantageous to keep in movement in the bath, and to rub with the hands any parts afflicted. The skin is thus stimulated, and the sensation of cold abated. People whose chests are affected must exercise moderation in the use of the bath, entering it only by degrees, and not staying in it too long. In general, the time for remaining in the bath is governed by the coldness of the water, and the vital heat of the bather; but no general rule can be adopted with respect to this. At Graefenberg, where the temperature of the water is from 43 to 50 degrees, no one stays longer in the bath than from six to eight minutes, many only two or three. Priessnitz advises his patients to avoid the second sensation of cold, which is a sort of fever, by leaving the bath before it is felt: by this means the patient will avoid a too powerful reaction, provoked by a great subtraction of heat. This precaution is indispensable at the epoch of the treatment, marked by fevers and irruptions. Then a reaction, produced by an immoderate use of the bath or douche, would compel the invalid to keep his bed for some days, without at all accelerating the

cure. Persons who undertake to treat themselves by cold water, ought to observe the rules strictly, as they will have no one to give them advice in case of transgression; when medicine would do more harm than good. There is but one thing which they can use or abuse with impunity, and that is drinking water.

On leaving the bath, which is found more refreshing than any one can imagine who has not experienced its effects, you are covered with a sheet, over that a cloak is thrown, and thus you go to your room, where the whole body is dried and rubbed; then you must dress quickly, and walk to keep up the warmth. To effect this, by the heat of stoves or beds, would be acting in direct opposition to the treatment. A glass or two of water immediately after the bath, is agreeable, and should not be omitted whilst walking.

When irritation is highly excited during the cure, baths should be suspended, as they would augment it. A general washing of the body, and sitz-baths, are then resorted to. Sweating is also replaced by the envelopment of the body in a damp sheet, the repeating of which operation, together with the sitz-bath, will cause the irritation to cease.

The Half-Bath.

The half-bath is about the size of those generally used in our houses, and is only employed in cases in which the whole bath would be too much for the strength of the invalid, who may require to be bathed for a longer time, in order to excite the morbid humours. It is, in effect, less active than the entire bath, and being attended with less danger, is frequently administered to new-comers, for about a week preparatory to the large

bath; the temperature of the small or half-bath is never lower than sixty degrees.

The water in these half-baths is only about three to six inches deep. When it is necessary that the invalid should have the advantage of an entire bath, water is poured upon him, or the attendant constantly wets the body and head with the water of the bath.

When these small baths are used, in order to be less exciting, the upper part of the body is sometimes covered, and the bath hermetically closed, so that the head only appears. This is in cases where it is necessary that the invalid should remain in them for an hour or two. We have known Priessnitz order this for five or six hours at a time, and repeat it several days successively, in order to provoke irritation and produce fever. Last year, a doctor afflicted with an atonic gout, was subjected to this treatment, and was completely cured. It is, indeed, a common thing at Graefenberg to see invalids remain for hours thus enclosed in the small bath, and continue doing the same for days, until fever is produced; this brings the morbid matter to the skin in the form of abscesses, which sometimes discharge themselves in sufficient quantity for the matter to fill several glasses. When this crisis takes place, the baths are suspended during the discharge of these humours, by which the system is much benefited.

The half-bath is frequently taken by the patient immediately after he has been confined in the wet sheet. It is accompanied by a general sprinkling of the body with cold water and rubbing. Whilst still sweating, the patient should hasten to the bath, throw off the covering, previously wetting the head and chest, and the attendant should pour a pailfull of water upon the head, when the

face and the body must be well rubbed. This last part of the process is often continued for ten or fifteen minutes together, sometimes much longer. When the patient quits the bath he dries himself, dresses, and proceeds to take exercise in the open air immediately; but persons who have not the means of consulting a doctor acquainted with Priessnitz's mode of treatment, are not advised to attempt this.

In almost all cases of fever the patient is first wrapped up hermetically in a wet sheet, which is changed as soon as it becomes warm, and repeated until the fever has subsided. As each of these sheets will become hot from having extracted a certain quantity of the caloric from the body, it necessarily follows that a chill will succeed the subsiding of the fever; the patient is then placed in the bath and rubbed all over, by two persons, with the bare hand, until all the symptoms are abated. The patient then joins in the promenade, or at the public tables. If at night feverish symptoms return, the same operation is performed and repeated until a perfect cure is effected. Thus it will be seen that at Graefenberg, even patients with fevers that would endanger life elsewhere, are not confined to their rooms, nor is their diet changed.

Foot-bath.

The foot-bath is employed almost exclusively as a counteracting agent against the pains of the upper part of the body, Priessnitz prescribes these baths for precisely the same purposes that the faculty order warm ones, yet every one knows that the feet after a warm bath become cold, and then the reaction is upwards, whilst on the contrary after a cold bath, the feet become

warm and the reaction is downwards. Headache, and tooth-ache, whatever may be their causes, particularly those that are of a violent nature, inflammation of the eyes, and effluxes of blood to the head, are almost always relieved by the means of the foot-bath. To this should be added the application of wet bandages, without dry ones over them. The tub, or basin, in which these foot-baths are taken, ought only to contain water from two to three inches deep, or just enough to cover the toes; for the tooth-ache, one inch is sufficient; and the bath may be applied for from fifteen minutes to half an hour. In cases of sprains, the feet must be put in water up to the ancles. The water, when it becomes lukewarm, should be changed. The feet, during the whole time, should be well rubbed by the hand, or against each other, in order to promote a strong reaction. Care must be taken that the feet are warm before they are put into water, and exercise should be taken immediately afterwards, to bring back the heat to them. Rubbing them with a dry hand assists this very much. Cold foot-baths are sure means of preventing tendency to cold in the feet; the application of hot water only weakens the skin, and renders the feet more susceptible to cold. When they are extremely cold, instead of exposing them to the fire to warm, it is much better to produce the effect required, by exercise. If we want any proof of the reaction caused by the foot-bath, and its powers of preservation from catching cold, we have but to feel our feet an hour or two hours after the bath, and we shall then find them extremely hot. If we cannot avoid being exposed for a long time to a piercing cold, it is well to take a cold foot-bath two hours previous to going out. After great fatigue, a foot-bath of this description, before going to bed, is most refreshing.

Gouty subjects should not use these baths, without advice; but to people in general, Mr. Priessnitz recommends their frequent use. He contends, that in the feet many of the most serious complaints commence.

Homer, when he stated Achilles to be invulnerable, except in the heel, no doubt knew that the feet were the most important parts of the human frame. The poorer people, who wear neither shoes nor stockings, or whose feet are constantly exposed to a sort of foot-bath, are seldom subject to those complaints which attack the upper regions of the body.

An Irish gentleman, thinking to do his shepherd a service, who had lived in a low marshy situation for many years, sent him to another estate, which was high and dry, and asking him how he liked it, he replied, "Not at all; he had never been well a day since he had been there, for there was not a drop of water to wet his feet."

Head-bath.

Head-baths are used for rheumatic pains in the head, common head-aches, rheumatic inflammations of the eye, deafness, loss of smell and taste. They tend to disturb the morbid humours, which nature generally evacuates in the form of abscesses in the ears. They are also used to prevent the flow of blood to the head, but in this case only for a few minutes, in order to avoid too great a reaction. These should be followed by exercise in the open air, in the shade. This bath is used as follows: a washhand basin should be placed at the end of a rug upon the floor. On this rug the patient should extend himself, so that his head may reach the basin, at the bottom of which may be placed a towel for the head

to rest upon. Then the back of the head must be placed in the water; then one side, and lastly, the other side of the head. All this is terminated by again placing the back part of the head in the water.

The duration of this bath depends upon the nature and extent of the disease. In chronic inflammation of the eye, each part of the head should remain in water for fifteen minutes; and as long for deafness, loss of smell and taste. All this will occupy an hour, during which time the water should be renewed twice.

If these baths and foot-baths are continued with perseverance, success is certain. This success is generally announced by violent head-aches, until the formation of an abscess takes place, which finishes by breaking.

For the common head-ache, the back of the head may be exposed to the water from ten to fifteen minutes, and each side from five to ten minutes; if it is obstinate, a foot-bath and a sitz-bath, both slightly chilled, should be used for half an hour each.

Finger-bath.

For whitlows the finger is placed in a glass of water, three times a day, fifteen minutes each time, the finger and hand bandaged, then the elbow must be placed in water twice a day, and a heating bandage placed on the arm above it; this will have the effect of drawing the inflammation from the hand.

Eye-bath.

Water is held to the eye, which for a minute is kept closed, and then opened for five minutes in a small glass,

made for the purpose, in circumference about the size of the eye. The head-bath is generally used with this bath, but the latter is repeated oftener, and in most cases where there is inflammation, a fomentation is applied to the back of the head on going to bed, and another at the back of the neck during the day. For weak eyes the forehead is bandaged on going to bed. Sitz and foot-baths form part of this treatment.

Leg-bath.

The thighs and legs, when afflicted with ulcers, ringworms, wounds, or fixed rheumatic pains, ought to be put into a bath so as to cover the parts afflicted. The object of these baths is for them to act as stimulants. They may be taken for an hour, and sometimes longer; they always determine abscesses, and where they already exist, they cause an abundant suppuration. They are also applicable to any other members afflicted in a like manner.

The Douche-bath.

The douche, of all the means employed, is the most powerful in moving the bad humours, and disturbing them from the position which they may have occupied for years: they are also used in the greater number of chronic diseases. The douche corrects the weakness which the skin may have contracted in the process of sweating, and also fortifies it. It hardens the body, and renders it capable of supporting all variations in the atmosphere. It exercises a powerful action upon the muscles and nervous system, by the reaction which it provokes. What is understood by a douche, at Grae-

fenberg, is a spring of water running out of the mountain, conveyed by pipes into small huts, where it falls from the top in a stream about the thickness of one's wrist, which fall constitutes the difference between the douche and a shower bath: outside this hut is another for dressing, constructed like the first, in the rudest way imaginable.

There are six douches in the forrest of Graefenberg, the fall of the first is fifteen feet; the second ten feet; the third twenty feet; the fourth eighteen feet. The douches set apart for women have a fall of twelve feet each: the diameter of the fall is the same as in those of the men.

At the colony there is a douche which is available all the winter; this is not the case with the others. About half a mile out of the town of Freiwaldau, there are four more douches, resorted to by both sexes. Nearly all the douches are at some distance from the places of residence of the patients, which occasions a walk to arrive at them, so that the body is in a glow, and better calculated to be benefited by the effect of the water, when submitted to the process.

Parts afflicted should, for the greater part of the time, be exposed to the action of the douche, though it must be received occasionally upon all parts of the body, except on the head and face, unless this is especially ordered by Priessnitz. Weak chests should also avoid it on that part and the abdomen, otherwise the fall of the water on the lower part of the stomach or belly is not injurious. The atony of this region will not, however, always resist these means. The relief afforded by the douche, sometimes in a few minutes, in arthritic cases and rheumatism, is almost miraculous.

The douche being intended to put the morbid humours in movement, ought to be discontinued when it produces feverish excitement, and be commenced again when that has ceased.

The duration of the douche is from three to fifteen minutes, and rarely extends beyond the latter. The time for douching is one hour after breakfast, and two hours after dinner. Most of the patients at Graefenberg are very much pleased with this part of the treatment.

Many complain that the common shower bath, so much used with us, disagrees with them: this is to be explained by the fact of its promoting a reaction upwards, which is opposed to all the principles of Hydropathy.

The Sitz-bath.

For want of a better term we adhere to that of the Germans, and instead of a sitting, we call this a sitz-bath.

This is a small flat tub, of about seventeen inches in diameter, with water seldom more than three or four inches deep; in this people sit as in a hip bath, with their feet resting on the ground, for different periods; a quarter of an hour, half an hour, an hour, or more, as may be deemed sufficient. This, in some cases, is repeated two or three times a-day. The sitting bath is considered by Mr. Priessnitz to be of so much importance in his treatment, that those patients are considered quite as exceptions, for whom it is not prescribed. It has the effect of strengthening the nerves, of drawing the humours from the head, chest, and abdomen, and reliev-

ing flatulency, and is of the utmost value to those who have led a sedentary life.

The object of using so little water in this bath, the half-bath, and foot-bath, is, that a reaction may the sooner be effected. If a greater body of water were used, it would remain cold during the whole time of its application, and cause congestions to the upper regions; whereas, in this case, it almost immediately attains the heat of the blood, and admits of an immediate reaction.

To prevent the former, the patient should apply a wet bandage to the head: and to succeed more effectually in the object for which the sitz-bath is prescribed, he should rub the abdomen as much as possible with a wet hand.

CHAPTER XI.

ASSIMILATION.

To attain the preservation of life, it is required not only that its consumption should be reduced, but that its restoration should be rendered more easy. For this purpose two things are most essentially necessary, the perfect assimilation of that which may be of benefit, and the separation from that which may be injurious; for life depends, as will be seen by the following definition, upon the identification, the assimilation, and the animalization of external matter, in its passage from the chemical to the organic world by the vital power.

The power of assimilating other substances into itself is the fundamental principle of nature; this impulse and power is not only prevalent in all organic matter, but also in elemental bodies, that is to say, water, earth, and fire. The globe in the beginning was a rigid rock, upon which the air and the water effected their power of assimilation.

Assimilation is only possible by dissolving; for the purpose of assimilating, air and water dissolved the earth's crust, by the agency of which powers that surface originated, which produces and nourishes all organic bodies; as these exist in the same world in which the elements continually exercise their power of dissolving and assimilating, it follows that from the beginning there

must have been developed in all organic elements the same power, as a protection to themselves.

Air dissolves water into vapours, in order to assimilate gases from it. Water again extracts from air the oxygen gas.

Fire absorbs the oxygen of air, it dissolves water into its two component parts, hydrogen and oxygen, and by converting the former to a flame, it transforms water to fire; air absorbs many gases which fire releases from combustibles; air draws gases from the soil, the soil absorbs the oxygen of the air. In this way the elements are in a constant conflict, each endeavouring to dissolve the other, and to assimilate its matters with itself. Organic bodies draw the oxygen from the air by the process of respiration, which is also the property of plants; these draw all assimilatory matter which the earth offers by their roots, and the same process is performed by animals feeding on plants or herbs; whereas, on the contrary, fire dissolves and assimilates to itself all organic matter. This same process is carried out by water and air, with all organic beings, but as long as these are living they only get their evaporation, and after death their entirety. The earth exercises this power but conditionally and partially, viz. upon all animals that exist in it, and on all roots of plants, upon mankind the earth only exercises its power of assimilation after death. The proofs of this conflict of assimilation amongst organic matter itself are very clear, one animal eats the other as well as plants; that is to say, it absorbs by the agency of the stomach so much of their substance as may be assimilated; plants again convert many parts of dead bodies and other plants (the manure) into their own substance.

Besides this power of assimilation, there exists in every being, element and organization, the necessity of being exposed to foreign assimilation.

This is the fundamental principle of the true doctrine of healing. In support of this theory we find that water, if withdrawn from the power of dissolution by the fresh air, stinks and putrefies; air loses its quantity of oxygen, and becomes mephitic, if it does not find water or plants with which it can enter into the conflict of dissolution and assimilation.

Animals and plants fall ill and die if their surface is so covered that neither air nor water can act upon them. If nourishment is withdrawn from any organic being, that is to say, if it is deprived of the opportunity of assimilating with external or foreign substances, death is caused by the want of a supply of healthy juices; if, on the contrary, this being is deprived of the influence or effect of this foreign power of dissolution, illness is the consequence, arising from the putridity of matter, from which putridity the system ought to have been released by the agency of foreign assimilation.

CHAPTER XII.

CLOTHING, MINERAL WATERS, ETC.

Mr. Priessnitz requires that all his patients shall cease wearing flannel and cotton; he maintains that they weaken the skin, render people delicate, and less able to contend against atmospheric changes. When some one objected to throwing off a flannel waistcoat that he had worn all his life, it being winter, and exceedingly cold, Mr. Priessnitz said, "Wear it, then, over your shirt; but when you are accustomed to cold water you will not miss it. After the bath which you have now taken, run or walk until you provoke perspiration: you need then have no fear of catching cold." Many people are in the habit of wearing flannel waistcoats in the night; this keeps up an unnatural and unnecessary degree of warmth, and increases invisible perspiration, which is unwholesome. Let us look at our gouty and rheumatic subjects, and we shall find that they, perhaps more than other people, have always been accustomed to flannel. Does not this show that flannel neither protects its wearer from those diseases, nor allays the pain attending them? There are others who are in the habit of clothing the head during the night; this is also a practice strongly deprecated at Graefenberg: it destroys the hair, causes its premature decay, and is highly injurious to persons who are troubled with a flow of blood to the

head, head-ache, colds in the head, &c. There is great sense in the old adage, "Keep the head cold and the feet warm." No people are so much afraid of exposing their heads to the weather as the English. This arises from their habit of sleeping in night caps, and not accustoming themselves to cold ablutions. And a great defect is their being over clothed, so as to exclude the external air. Dr. Abernethy made many experiments as to the effect of the air upon the human body, which have been fully carried out by the late discoveries in Hydropathy. It is most probable that the generation of warmth is principally effected by the action of the lungs. The process of respiration is practised by the skin if all the pores are open and sound; it therefore results that to allow the generation of a healthy warmth, a continual activity of the pores of the skin cannot be dispensed with. In proportion as the body is warmly clothed, and the pure air excluded from the skin, the less warmth is produced by the skin itself, and the body becomes chilly, and consequently requires warmer protection.

As a healthy naked body generates by heightened perspiration of the skin, the same warmth as is produced by one which is covered, by means of retaining the perspiration, so every one who is quite well, might, by use, become so hardened, that during the coldest season, he might feel, when naked, as comfortable as any one covered with wool. The Scotch Highlander, with his naked legs, does not feel colder, surrounded by mountains of ice, than we do who are clothed. We prove this ourselves, by having our face bare in the coldest winter. As the skin performs the double function,—first, of breathing the air, and drawing nourishment from

its; and, secondly, of exhaling the phlogisticised air of the diseased matter, and worn-out atoms of the body; it follows, that the true art of curing must be to endeavour to restore these two functions. Hydropathy causes, by its manifold means of application, the ejection of diseased matter, and the revival of the activity of the skin; and therefore, it makes the principal organ also fit for the second function, viz., that of inhaling the air.

Priessnitz deprecates all exciting things, such as tea, coffee, wines, and spirits, and recommends cold aliments rather than hot. No people make a greater mistake in this respect than the English; no beverage—no food can be too hot; no spirits too strong for them. To judge of the effects, we have only to look at any channels through which warm water has been running for some time, and we see it strongly incrusted at the sides and bottom: if, on the contrary, we look at one where cold water has made its exit, we shall not find the least trace of the incrustation alluded to.

If we wish to make a simple experiment of the effect of hot water in contracting the different parts of the human body with which it comes in contact, we shall find that a hand placed in hot water contracts for the moment in size; whilst cold water has the effect of enlarging and increasing it. Thus, for instance, a hand just immersed in hot water, may easily be put into a glove which the same hand would not enter at all after being placed in cold water. If there is any truth in this theory, what shall we say to people who proceed in crowds to drink and be daily immersed in the hot and strongly adulterated waters of Germany? We observed at Aix-la-Chapelle, where the water is hot enough to boil an egg, that the great desideratum appeared to be, to drink it as soon as

possible after it is taken from the source. The injury this boiling liquid may be of to the various membranes of the throat and lungs will become manifest to all who have ever studied the subject. Much might be said, if our limits permitted, against mineral waters in general. Dr. Abernethy was quite right when he said that people might be equally benefited by drinking common water, and taking the same exercise at home, without incurring the expense of visiting those mineral springs: for whenever a trip to these baths is of benefit, it is the water, the exercise, the fresh air, and a life free from anxiety, and not the mineral properties of the spring, which produce the desired effect; for though relief may be felt for the time, experience proves that it is only temporary.

Waters thus impregnated with mineral poison are avoided by all animals. The same remark may be applied to the conduct of savages in this respect; but cultivated man knows better, or, rather, worse—and leaving his own pure, unadulterated springs behind, undertakes long journeys, and spends his money in search of these poisoned sources. And why? Because, although the water be revolting to the taste, he prefers taking medicine in this shape, to foregoing the use of that altogether which custom has led him to believe essential to his existence. The very smell and taste of these waters are nature's warnings to man not to touch them, expressed as clearly as though a notice in legible characters had been affixed upon the spot to that effect.

These sources form part of the apothecaries' category; they operate medicinally; the waters are combined with poisonous substances, which shorten the duration of life: they sometimes relieve an old evil by engendering a new one: they seldom or never effect a radical cure, but often

produce death; a fact, of which the churchyards of the leading spas, particularly the hot-springs of Germany, give but too many lamentable proofs.

All mineral waters are more or less disagreeable to the taste; and I am of opinion that instinct and taste are nature's best monitors to mankind and animals. Even if these waters be not always absolutely injurious, it is certain that they have not the healing properties of pure cold spring water.

CHAPTER XIII.

DIET, AS SET FORTH BY MUNDE.

I HAVE already named the food, drinks, and seasonings which Priessnitz excludes from the invalid's diet; their heating qualities must, in fact, be prejudicial to bodies which are kept in a continual state of excitement by the treatment. The greatest part of the food given is served cold, Priessnitz being convinced that hot things weaken the digestive organs, he even forbids soup to those who have bad digestions.

The only thing patients drink during dinner is cold water. I cannot see on what grounds some would prohibit it whilst eating, when no one suffers from its use, and nature seems to desire it.

If you wish to be assured that cold food and water are never hurtful, go to Graefenberg, and you will see all the inhabitants satisfy their thirst with pure cold water, without any accidents ever resulting from the practice. The society will be found more cheerful than elsewhere; the invalids have marvellous digestions, and are never sleepy after dinner. The custom of drinking a great deal of cold water whilst eating, is very good for persons subject to congestions of blood to the head.

Is it better to sleep or walk after dinner? This question is yet undetermined. Priessnitz recommends a little movement in the shade during the great heat;

and the well-being of those who follow his advice seems to corroborate the justice of his opinion.

Indian spices, such as pepper, cloves, cinnamon, and others of the same kind, are injurious even to those enjoying good health, on account of their stimulating properties; they are therefore prohibited during the cure. Nature gave them to the Indians because their burning sky enervates the body, which then requires stimulants. In our climate, on the contrary, the air is more compressed, and, consequently, contains more oxygen, which predisposes us to take inflammatory diseases; stimulants, therefore, only augment this predisposition. Let us use, says Priessnitz, seasonings which nature has given us, and leave to foreigners theirs! Nature has provided for all wants; and our eatables, subjected to the same influences as ourselves, ought, were it only on that account, to agree with us better.

The dishes generally served at Priessnitz's table are meat, soup, bouilli, with horse-radish, or some other sauce, veal, mutton, pork, venison, ducks, and fowls with plum sauce and potatoes; all kinds of pastry, and some vegetables, but in less quantity than meats; fish and game are rarely seen; bread, milk, and butter, compose both breakfast and supper. If you wish for white bread it must be bought extra. Nowhere is the milk and butter of a better quality. In winter, potatoes are added to the supper, but are seldom eaten—they interrupt digestion and sleep. If any excess is ever committed at Graefenberg, it is in the eating. I warn without wishing to inspire fear on the subject—I address myself particularly to hypochondriacs, who often eat too little one day, and a great deal too much another day; they would do well to drink a great deal of water whilst

eating,—the place it occupies leaves less for food. As salt fish, salt meat, &c., cause much acrimony, they, as well as cheese, are interdicted. With Priessnitz, you must generally submit to most simple, but strengthening fare, which suits the body best, as rich dishes and delicacies induce one to eat too much.

As exercise in the open air assists the cure, it ought to be a rule to walk at least twice a day, for an hour each time. In bad weather, some work should be substituted, such as sawing or chipping wood. Without exercise, the method at Graefenberg would be a great torment, for, by the heat it produces, it replaces that lost by drinking such quantities of cold water: you should never try to replace it by the heat of fire, this would be acting contrary to the treatment. You must also carefully avoid passing from cold to heat, particularly after the douche or bath; neither should the wearing apparel be too warm, else it would be as bad as the heat of the fire, in impeding the movement and circulation of humours. Flannel next the skin is very bad; after a week's treatment it may be left off without danger. I have seen persons who had never touched cold water, and who wore flannel next the skin for many years, leave it off after having perspired and bathed five or six times, go to the douche, and return with a simple linen shirt, without feeling uncomfortable in the slightest degree. Such a covering is sufficient for those who wash daily with cold water; it neither weakens nor irritates the skin. Much also applies to beds, which should not be too warm; the windows of the bed-room should be opened every day to admit fresh air. People subject to congestions of blood to the head, cannot have their bed-rooms too cold, or keep their heads too cool.

CHAPTER XIV.

OBSERVATIONS.

1. Persons, whether in a good or a diseased state of health, will be enabled by a trip to Graefenberg to understand the manner of treating diseases pointed out by the different authors on Hydropathy.

2. Parents will there acquire the habit of using cold water, be prepared to ward off disease from themselves, and learn, by simple means, how to preserve the health of their children.

3. Officers in the army, who have an insight into Hydropathy, will have nothing to fear from epidemics, as at Graefenberg they will find that fevers and inflammations are diseases which form the easiest part of Mr. Priessnitz's practice.

4. The water at Graefenberg has no advantage over that which we find every where, except that it is peculiarly cold and fresh. In the general purposes of the cure, water should be soft, that is to say, it must possess the quality of dissolving, and for this reason it must be cold, and divested of all mineral properties; for to prove its fitness, linen cloth washed in it must become white, and vegetables dressed in it tender. Trout living in water does not prove its softness, but frogs do; the softest

of all waters is the rain. Hard water makes the skin rough, but soft water, on the contrary, renders it smooth.

5. Those who wish to begin ablutions in winter, should do so in a warm room, and as a beginning, instead of washing, they may wet a towel, and with it be well rubbed all over twice a day, or they may apply the wet sheet. The morning, immediately on getting out of bed, is the best time for the first ablution; the other should be undertaken two or three hours after eating, never on a full stomach, nor immediately after making any great exertion. The rubbing should be continued from three to ten minutes.

6. It is conceived that one ablution a day, and the drinking of cold water, will enable those who are in health, and in the enjoyment of life, to continue in that state. After any excess, instead of resorting to drugs, I recommend rubbing the body twice a day, an increase in cold water as a beverage, and a foot-bath. The same means may be resorted to by persons who have any reason to suppose that they have caught cold.

7. In answer to the question, whether there is not some risk of catching cold whilst washing, we answer, "not the least." There is no better way of guarding against colds, or of hardening the skin, to contend with atmospheric changes. But in cold weather it is as well that all the body should be wetted simultaneously. Even in cold weather the temperature of the room to which the body is exposed, is higher or warmer than the water used, which cannot, in consequence, produce a cold. The contrary remark may be applied to warm water, as we have all experienced on getting out of a warm bath even in summer.

8. Before entering cold water, we ought to wash the head and the chest, in order to prevent the blood ascending to those regions.

9. People, without knowing whether hot or mineral waters will be beneficial or otherwise, make use of them because it is the fashion so to do, or sometimes because their application is agreeable. A little reflection would show them that they must necessarily injure or destroy the coats of the stomach, weaken the skin, and cause an internal reaction of the blood, thereby rendering the body susceptible to every change of weather.

10. Those who resort to sea bathing in general remain in the water too long, and pay little or no attention to diet. To derive advantage from a trip to any of our watering places, the latter, for the time at least, should be attended to; and instead of bathing once, persons should bathe twice a day for three or four minutes each time. Staying in the water too long prevents that reaction which is so beneficial to health.

11. When we reflect upon the fact that the action of the human heart is repeated at least one hundred thousand times a day, with sufficient force to keep in continual movement a mass of from 50 to 60lbs. of blood, we might inquire what watch, what machinery could be more easily deranged? Can we wonder at men being ill who are constantly eating too much, who indulge in acid wines, in thick and adulterated beer, or are in the habit of drinking spirituous liquors, or hot liquids of whatsoever nature they may be? May we not be justified in expressing our surprise that men refuse to secure a free and healthy action from the attenuating and dissolving qualities of water?

12. Few of us sufficiently appreciate pure cold water.

For what will not man submit to rather than adopt such a simple diet? What pain will he not endure; what poisons swallow or rub into his flesh, rather than consent to seek relief from such a humble source?

Animals, when thirsty, repair to the brook to quench their thirst; when wounded, to assuage the pain. Water is nature's medicine, and man despises it.

We would ask, what organic matter can grow or live without water? None. We all know that animals or plants excluded from its beneficial influence die. If we would observe the vivifying effects of water, let us look at vegetation after a shower. Then what shall we say to vain, short-sighted man, who sets nature's laws at defiance, by avoiding all that they enjoin, and indulging in all that they interdict? Why should he live without water more than all else that has life? I answer, "He does not live;" for every day's experience proves that more than one-half of the inhabitants of the civilized world are constantly tormented by one disease or another, and that the greater part die before the natural term of life is completed. This was not the intention of Divine Providence, since pure cold water, found every where, will remedy both evils; that is to say, will enable human beings to attain a good old age, and to live and die without pain.

To one accustomed to Hydropathy, it is exceedingly painful to see the numbers of old and young who pass him in the streets at every turn, with stiffened joints, a dull eye, thickness of breathing, an unnatural tendency to corpulency, wrinkles, baldness, bad sight, and sallowness of complexion. These failings clearly indicate an habitual distaste for water: and the observer regrets the total ignorance which prevails as to the fact that in

many of these cases, the mere drinking plentifully of water, and washing of the body at least once a day, would relieve these individuals of their diseases. Nay, more, if they had always been accustomed to this element, it might have warded those diseases off altogether.

What number of weakly, crippled children do we not see? I would ask their parents, "Do you encourage them in the drinking of water?" "No." "Then are you instrumental to their future misery: thus you deprive them of the power of being healthy in life, or attaining to longevity." When we look around us, on the organic world, we cannot but admire the perfection which everything, except that which is the noblest work of creation, seems to attain; and we may justly exclaim with Goldsmith, "Man seems the only growth that dwindles here." Two things all people, whether strong or weak, can do with perfect safety, and without these, health, for any length of time, cannot reasonably be expected; and these are, to drink plentifully of cold water, particularly before breakfast, and to rub the body all over every morning with a cold wet cloth, or take a cold bath. These simple measures will prevent and cure disease. Wherever pain exists, apply the healing bandage; that is, a cold wet cloth, with a dry one over it, and its effect will prove miraculous.

There is no preservative for the teeth like water. It is related, in a very useful little pamphlet, entitled "Facts, proving water to be the only beverage fitted to give health and strength to man;" that General Norton, the Mohawk chief, who was in this country a few years ago, on being questioned by a professional gentleman as to the state of the teeth amongst the Indians, said, "that when the Indians are in their own settlements,

living upon the produce of the chase, and drinking water, their teeth always look clean and white; but when they go into the United States, and get spirituous liquors, their teeth look dirty and yellow, and then they are frequently afflicted with tooth-ache, and obliged to have their teeth drawn."

It has been observed, by an able writer, that some people think to live well, means only to eat; and, it might be added, to drink: to hear that a man can enjoy the pleasures of the table who refrains from wine and beer, and whose only beverage is water, appears, to such persons, as paradoxical; and some go so far as to say that they prefer death to purchasing life upon such terms, forgetting that a temporary indulgence of two or three hours may render them uncomfortable the remainder of the twenty-four, and that the exciting, overcharging, and thickening the blood, makes invalids of men who otherwise might be in the enjoyment of robust health.

> "Nothing like the simple element dilutes
> The food, or gives the chyle so soon to flow."

These *bon vivants*, from the excited state of their system, are not only more subject to complaints than persons who are in the habit of living temperately, but are more difficult of cure; when overtaken with illness, none desire to be restored to convalescence with greater earnestness, none manifest a more ardent clinging to life than they.

By my account of the manner of living at Graefenberg, it will be seen that no particular preference is given there to any description of food, the produce of the country—exotics alone, together with all spirituous

liquors and spices, being excluded—is indiscriminately partaken of by all the patients.

It is man's prerogative to elaborate and assimilate the most heterogeneous aliments, he not being limited, like other animals, to any particular food; and it is certain that those who approach nearest to nature, who enjoy the benefit of pure air, and lead an active life, do not require to observe any particular rules. One thing is, however, admitted, that the duration of life depends more upon the quality than the quantity of food; most people eat too much: and the English, more especially, partake too freely of animal food. No people talk so much of indigestion, dyspepsia, &c.: and it has been said that they take more pills and aperients, and drink less water, than all the other nations of the world together.

Observations by Dr. Bigel, of Strasburg, Member of the Legion of Honour, and of several of the Medical Societies of Europe.

It must be remembered that I am a doctor, and that pride must suffer by receiving lessons from so humble a source as that of a peasant.

I could, by investigations into past centuries, save the honour of science, and show that Hydropathy is not new to medicine. Yes, there is "no era in medical science which has not seen Hydropathy honoured, heard cold water exalted as a means of diet, and of curing diseases." But in giving it a professional origin, how shall I justify the neglect which medicine has shown towards it? I shall not look for the motives, lest I should not find them of the most honourable nature; I will content

myself with observing, that its too great simplicity was, and still is, *its only fault*.

In fact, how can we descend from the height to which science is elevated, to drown so much learning in the element with which the Author of nature has covered two-thirds of the globe? How shut up the immense arsenal of medicines drawn from the three kingdoms of nature, and from the four quarters of the world, and reject the fruit of so many wakeful hours, the inheritance of so many centuries, of those materials with which medicine has built its edifice, and decorated the temple of Esculapius? And all this to subject suffering humanity to the influence of one only remedy, and condemn it, under pain of illness, to drink nothing but pure cold water! This is a great sacrifice, I admit. It requires a great love of truth, and an unlimited devotedness to human happiness, wherefore Hydropathy must be subjected to great opposition. It has awakened the most violent passions against it, the ambition of glory and of fortune.

The learned fear to be robbed of their science; the practitioner of his connexion; the apothecaries tremble for their shops and drugs, yet Priessnitz respects all their properties. Simple as nature, he confesses to have no acquaintance with medicine but by name. Hippocrates's lessons, and Galen's commentaries are unknown to him; he makes no protestations against the ingenious systems which dispute the right of life or death on mankind; he knows of no other remedies than water, air, exercise, and diet; therefore he has raised no battle-cry against those by whom humanity is daily sacrificed. His theory is not written. The knowledge of the pulse, the inspection of the tongue, (groundworks of diagnostic and

prognostic sources of so many deceptions,) are not necessary to him. He examines nature's kingdoms but to discern medicinal aliments, and exclude them from his treatment. Food and drink seem exclusively to occupy his attention; he regards them as the materials of the human body ceaselessly composing and decomposing. When salubrious, and taken relatively to our wants, they are the natural supports of health, but when unwholesome and immoderately taken, they engender disease. Air is the food of the lungs, being the same to them as food to the stomach. In this element salubrity and unwholesomeness are equally to be found sources of harmony or discord. Respiration not being a voluntary function, man feels each moment its vital influence; he eats and breathes, but he does not join exercise to these, for which purpose nature has given him the power of moving; his digestion languishes, the circulation of blood slackens, his mind and body become torpid, and life becomes mere vegetation. The citizen and the countryman may be justly compared; the first to a hot-house plant; the second to one growing in the open air, under the influence of a vivifying sun. A naturalist has declared that the agitation of the air is indispensable to the health of the plants. Thus the wind is the exercise of vegetables. Like plants, the human body requires air at the roots as well as on the surface; more fortunate than they, he is not obliged to wait for rain kindly to quench his thirst, and moisten and wash his skin; the liquid element is at his command. Nature has been prodigal of it around and beneath him. The little use he makes of it inwardly and outwardly is quite astonishing; but he uses it to forward all his ambitions and money-making views. Behold him reduce it to steam, and

perform with it the miracles which we daily witness. He is not more sparing of it in his kitchen-garden and flower-beds; he knows that water nourishes vegetables, and conserves the freshness, lustre, and beauty of his flowers. In fact, he uses this powerful element in every way, considering it from all antiquity as the most powerful dissolvent. What evil genius then has shut his eyes to its medical and Hygeian virtues? Let us own frankly with Priessnitz that it is the horror of all that is simple, and the taste for all that is complicated; these two passions have emanated, partly from pride, and partly from sensuality.

Before the invention of arts, water was the only beverage of man. Antiquity still resounds with the fame of those prophylactic institutions to which mankind were daily invited; their publicity, which brought no tax, drew to them the crowd. Can we not also attribute to the general use of baths that gigantic strength which rendered the Romans fit to conquer the world? We cannot without astonishment look at their armour, which none of our present warriors would be able to wear. We do not give the honour exclusively to the outward use of cold water, but also to the continual exercise requisite to conquest; sobriety, the companion of poverty, had also a share in this; but opulence, fruit of the spoils of the vanquished, soon altered the primitive character of nature. The senses were no longer contented with simple pleasures. The art of cooking, perfected, or rather invented, doubled the appetite, stimulating it with seasonings that nature never intended to be eaten; thence the derangement of the digestive organs, unaccustomed to these new impressions, and overloaded by the generating of superfluous juices;

thence the discord of the functions, and the introduction of diseases which would have remained unknown to society. The weakness in the power of motion, the inevitable effect of this derangement, brought on the excitement of sensitiveness and irritability, whence arose inability and reluctance to take exercise, which is so necessary to maintain the equilibrium in animal economy. Cold baths, from their strengthening nature, ceased to suit the exaggeration of the sensitive system, which was increased by the losses of muscular power. Warm baths took the place of cold ones; weakness and disease replaced strength, and that flourishing health which is found nowhere but in the countries where temperance is honoured!! This is what every one knows, what history asserts; and what has been left, and what most likely will be left to history, we being unwilling to admit the cause of our degeneration, acknowledge it the source of our diseases, or discover the rudiments of medicine.

We cannot say that nature's legislation has had no orators in its favour. Setting aside the advice offered by moral philosophers, what century has passed without medical voices being raised to point out the errors of the course followed by society, and declaim against the vicious system of living which it has adopted? But sensuality becomes deaf, rather than hear reform mentioned. It has made a compact with pain, for which it makes up by artificial pleasures. It has said, I will pass life between medicines and ragouts. Thus the Sybarite speaks of life; he consents to its being short, so that he enjoys it.

Pressnitz is a new disciple of temperance—a great friend of water. Not like Seneca, who praised the excellence of water, whilst he himself drank Falerne—he

is an enthusiastic taker of exercise in the pure open air, and a copious water-drinker. Will he be more fortunate than his predecessors?

Until Priessnitz, others have merely preached the precepts of temperance, promising to those who follow them, the secret of permanent health. But as there were many examples of health, where diet was not observed, these caused doubt in the minds of men naturally ill-disposed to be convinced.

Precepts contrary to customs consecrated by time, are seldom successful: they always give way to the seductions of pleasure. Besides, there is an infinity of causes of diseases, which cannot be governed at will; and has nature adorned the earth with so many delicious productions, only to flatter the senses of the sight and smell, forbidding them to that of taste? Thus do we think to justify ourselves, by arguing from the munificence of the Creator.

Priessnitz answers thus:—But can we not limit our appetites to the wants arising from the climate under whose influence we are born? If it be true that the Author of nature has everywhere placed the remedy by the side of the evil, can we, without blasphemy, deny that he has given all over the earth aliments which are in harmony with our wants? What do we want with those fruits of which nature has destined the juices to refresh blood parched up by a burning sun, when we neither feel the extremes of heat nor cold? and those aromatic substances with which it has covered the soil of countries where the springs of life ever require to be renewed, do they suit the eminently vital constitutions of temperate climates? That man, when making himself a cosmopolite, should conform to the customs of

countries where he was not born, is not only an act of reason, but in this he also obeys instinct—here more forcible than reason itself; but that the inhabitant of temperate zones should live like the African, is a contradiction. The man who does this declares war against the laws of nature. It is, however, in this state of perpetual conflict between nourishment and human organization that society is now placed. Where can we now find a table, even in the centre of poverty, at which seasonings do not disfigure food? We think this can have no pernicious influence on our humours; but does it not stimulate the appetite, by making food savoury? This is precisely the mistake we make. Eating with satisfaction is no doubt pleasant; but eating more than we require cannot be beneficial. Overloading the stomach demands a double effort of digestion. The disciples of gastronomy are so well aware of this fact, that they call in the aid of spirituous liquors, and the aromatic of mocha. But the latter alone soon becomes insufficient; and this is corroborated by a glass of liquor, jokingly called *chasse café*; and then they deny that these infractions, daily repeated, are the source of disease.

I appeal to those fond of good living—Does the plenitude of the stomach, the wine, and aromatic fermentation of the alimentary mass, leave them the same activity of mind and body after, as before the repast? Let them say whether, before they were acquainted with this savoury manner of dining, they were obliged to submit to pills and purgings, to cleanse their stomach—whether they required those bitter draughts, which their languishing stomach now demands, to produce appetite? Thanks to the aid of medicine, the system returns to its natural order: but this is only to make place for

new derangements, brought on by continued excesses: then we complain of the impotency of medicine. How can you get dry, if you remain under the water-spout?

As long as the digestive organs alone are at fault, medicine offers a remedy, although each remedy leaves after it traces of weakness, the inevitable result of provoked irritation. But it becomes useless when the bad juices, after having obstructed the intestines of the abdomen, corrupt the mass of the blood.

Till then, the errors of diet have been punished only by acute diseases, over which nature, aided by art, has triumphed. But the scene soon changes—weakness, languor, and impotency, having replaced fever, and all the violent symptoms which accompanied it, nature, ever occupied in its own protection, saves the nobler organs at the expense of those less essential to life; but we see all pains appear, especially spleen, oppression of the chest, palpitation of the heart, cramp in the stomach, diarrhœa, constipation, piles, ... rheumatism, gout, and a number of other chronic diseases which render life wretched.

I again say, it is in vain we would attribute this organic degeneration to other causes but those of a prejudicial diet. No doubt they sometimes result from acute diseases little understood, (for nature is not faultless or infallible;) they may owe their origin to the errors of medicine, still less infallible than nature; but the causes which have thus produced them are accidental, whilst the errors of diet are permanent.

Let us then no longer be blind to the source of the thousand inconveniences which disfigure the human species. Man is, physically and morally, the author of his own ills. He makes a fatal use of reason. Instinct has

been accorded to him as well as to the lower orders of beings, who are very seldom diseased, because their system of living is invariable. If we change the order of nature, and domesticate and associate animals in some sort to our pleasures, they lose their beauty of shape, and their bloom of health, in exchange for superior tractability. This fact is a parody on our civilization.

If this assertion, which I think I have demonstrated by evidence, still leaves a doubt in some minds, it can easily be dissipated by the testimony of the small number of disciples of temperance, who have made themselves acquainted with nature's laws, and who are faithful to its precepts: still more convincing is the evidence of those who have expiated their excesses by illness, and who have been taught moderation by experience. If they object that it has not been shown that diet has changed the health of the first, they will at least not refuse to believe the last, when they affirm that they were relieved from their sufferings after medicine had been found totally inefficient to the reform of a mode of life which was in permanent hostility with the laws of nature. The establishment at Graefenberg offers a great number of examples of persons who would give this account of themselves. Oppressed with pain, and becoming infirm, some invalids, to whom medicine is no longer efficacious, have come to ask of the founder of the water cure their miraculous restoration. We have seen, in the course of this work, to what conditions persons are subject whose cure he undertakes; often the regimen which he imposes restores them to health, which they had considered for ever lost, without their being subjected to the whole process of the cure, Priessnitz, from his experience, only considering that necessa-

sary when the disease has taken deep root in the organic system. Wholesome food, a great deal of exercise in the open air, and water drank in abundance, are the only means adopted.

It is a saying, the truth of which has never been disputed, "that those who can do much can do little,"—the most serious diseases, which have offered the greatest resistance to medicine, having been cured at Graefenberg, as we have seen by the description given of them, those of a less serious nature meet with a prompt and certain remedy.

It will no longer be contested that cold water has the virtue of moistening, attenuating, spreading, and dissolving all that is dry, vitiated, thickened, and hardened. This is the attribute of fluidity. It may be conceived, with equal facility, that this liquid, brought in contact with the whole of the organs, must refresh and fortify them. This is the attribute of cold. These truths admitted, the cure of disease receives an easy application. Nature is aided by the dissolving and fortifying properties of cold water, its greatest desideratum. It then no longer meets with obstacles in the expulsion of all vicious humours, all the viscera are open, divided, attenuated, and diluted. The skin, that great excretive organ, as the eruptions and efflorescences of all kinds with which it is covered at the termination of diseases, both chronic and acute, bear witness, is of the first importance; continually stimulated and fortified at the same time by the transition from heat to cold, and from cold to heat, daily bathed by abundant perspiration, it attracts to it the greatest quantity of morbid matter, from which it cleanses the blood, and purifies the organs where it had settled, without weakening the system in

the least degree. The frame on which it works must be sustained by wholesome and abundant nourishment, aided by cold baths, douche baths, and constant exercise in the open air. Such are the series of curative proceedings which are evident to any unprejudiced observer; as to the interior movements of these medical operations, they are to us an impenetrable mystery. We know the errors into which medicine has ever been led by having attempted to draw aside the veil which covers the operations of nature, when it ought to have been limited to an imitation of nature's works.

Priessnitz considers the agents employed in Hydropathy, wholesome food and exercise, to be of the greatest importance. The first is destined to replace the juices lost in perspirations, and discharges of all kinds; exercise re-establishes the equilibrium between all the organs, and assists the elaboration and distribution of the new juices, which it harmonizes with the wants of each organ.

Many have complained that this method of cure is ill-proportioned to the strength of invalids, and contrary to all that has hitherto been believed, professed, and practised.

I must own that the Hydropathic process is not pleasant, and has its difficulties. Graefenberg is not a place of pleasure. The temple of Momus is not erected beside that of Esculapius. But what does this matter to one whom pain has rendered unfit for enjoyment of pleasure? For one whom errors, or medicine, have condemned to insupportable sufferings? Pleasure for him is only in the absence of pain. The invalid asks for relief, and implores a cure, so often promised, so often attempted, but never realized, and which he has

spent treasures to obtain; there nothing is required but a little courage and perseverance: the first comes from the love of life, and a resolution, which daily meets with its reward, and is easily persisted in. Strength of mind is wanted at Graefenberg to abandon luxurious habits, which could not agree with the severity of a regimen imposing many privations.

However, it is useless to go to Graefenberg with a used-up body, half extinguished vital forces, and organs changed in their structure; such invalids could not undergo the treatment. Hydropathy is a question addressed to nature; if nature has lost her voice, she cannot answer.*

Cease, then, to repeat these objections suggested by luxury, inspired by ill-will, and, perhaps, incredulity. Let the opponents of Hydropathy go to Graefenberg, they will find delicate women and children support, without being in the slightest degree weakened, the treatment which from afar seems to inspire them with so many fears.

The objection offered to this mode of cure, that it is opposed to the received ideas consecrated by the consent of centuries, is not unanswerable. Have not centuries established numerous errors, which have been dethroned by the discovery of truth? Did not Galileo effectually contradict all preceding astronomers? Medicine was also forced to admit the circulation of the

* The author must here take the liberty of remarking, that it is evident Dr. Bigel retains some of the prejudices of medical men, —some of the old leaven,—for many old and infirm persons, and very many whose system was debilitated to a most alarming degree, have been perfectly restored at Graefenberg.

blood, which, before Harvey's time, was not believed, notwithstanding the beating of the heart and arteries. The admission of one error more cannot, therefore, be too humiliating.

Substituting cold for hot water, is doubtless a great antithesis. To suppress medicines, as being themselves diseases, seems a paradox, nay, more, a challenge to humanity. To pretend that water, diet, and exercise, are sufficient to cure disease, is an impracticable mode of simplifying the curing art. This is the language of most doctors, and the complaint of the amateurs of physic, and forms an object of doubt for even those who believe in the new cure.

We can answer the first objection by the writings of several celebrated and conscientious doctors, who have received these new truths: we can tell the second, that water is far preferable to the taste of rhubarb and senna: to the last we may say, that doubt cannot resist the evidence of facts. I will complete the full measure of proofs, by repeating what has been affirmed in this work, that, in 1836, fourteen doctors, after having exhausted all the resources of science, and that of their colleagues, in vain, came to Priessnitz to be cured, which he *effected*. Could the founder of Hydropathy have received a more flattering testimony, or a more convincing proof of the excellence of his discovery?

I shall say no more about facts, the public notoriety of which defies incredulity and malevolence. I have said enough to inspire confidence and restore hope to the unfortunate victims of the present system, to whom medicinal drugs have become ineffectual. The reader wishing to be made acquainted with the manner of ap-

plying the only agent in curing of diseases, will find in the following summary a little course of treatment for the use of the partisans of Hydropathy:—

Diseases arise from a derangement of the organs which act in the maintenance of life and health. If we judge of diseases by the names given them, and the various ways in which they appear, they will be found very numerous. By bringing them back to the causes which produced them, their number may be considerably reduced. Multiplicity of form does not imply multiplicity of causes. It is the result of a diversity of organs, each of which has its different functions to perform.

Water, air, climate, repose, exercise, wakefulness, sleep, aliments, beverage, and passions, are the elements of moral and physical life. Their exact equilibrium preserves health: their unequal division is the source of disease.

Man cannot always command pureness of air and water, nor the salubrity of the place or climate he inhabits; but he can choose exercise or repose, wakefulness or sleep, his aliments and beverage: and reason can restrain his passions.

Religion has counted gluttony as one of the seven capital sins. Medicine with reason accuses it of the production of many diseases, and of aggravating those it does not produce.

"I leave behind me," said a celebrated physician, when dying, "two great doctors: diet and water." Who has not remedied a slight indisposition, and averted a serious illness in the beginning, by diet and cold water?

In either chronic or acute diseases, the doctor begins by cleansing the first channels by vomitings and purg-

ings; he introduces to the second, remedies to aid nature's work, of which he knows himself to be only the minister. *What does Priessnitz do? The very same with water. Water is the greatest dissolvent of nature.*

If the first channels are obstructed, water dilutes, attenuates, divides, and spreads the impurities they contained, which the stomach and intestines afterwards eject. He administers it cold, because the temperature is tonic, and fortifying: this gives to nature sufficient energy to expel them.

If the disease is settled in the blood, and its produce deposited in the various organs of animal economy, what is better than water to dilute that which is thickened; to blunt that which is acute; reanimate that which languishes; extinguish that which burns; and reopen all the passages by which hurtful humours can escape?

A sudorific process, unknown until Priessnitz's time, produces perspiration, without fatiguing the organic system. It is maintained by drinking abundantly of cold water, which quenches thirst, moistens and refreshes the blood, replaces the lost juices, and maintains the tone of all the muscles.

The cold bath into which the body, covered with perspiration, is plunged, and which is exempt from any possibility of producing agitation of respiration or circulation, gives to the skin the tone and energy which perspiration had taken away. The exercise which follows this, restores to the body the lost heat. There is not one single instance of any person catching cold, produced by these sudden transitions from heat to cold;—a phenomenon easily explained, from the general calm and equilibrium of the system.

The object of the douche bath is to disturb the bad juices identified with the organs, and bring them out on the skin, which is stimulated by percussion.

Local baths have the same object: hip-baths and foot-baths have the admirable property of keeping the humours away from the head and chest.

Fomentations, or wet linen bandages, are sometimes covered with dry linen, sometimes not. The former are continually applied to obstructed and weak parts: the latter are exceedingly refreshing to inflamed parts.

The end of all these united processes is the transport of the morbid humours to the skin, under the shape of eruptions, boils, and abscesses. These eruptions, called a crisis, are the certain sign of a perfect cure.

After the expulsion of bad juices, and their being replaced by wholesome ones, the restoration of the digestive powers, the solution of obstructions, the liberation of all the organs, and the re-establishment of harmony in the vital and animal functions; nothing can or does remain but health, which invalids take with them on leaving Graefenberg; a treasure they keep, by remaining faithful to the system to which they are indebted for its acquisition.

This apology for the curing method of Graefenberg will be looked upon as a medical profession of faith in it—and justly: for there is no denial of principles which ever were, and still are, the rules of my practice.

The mission of a doctor is to alleviate pain, calm irritation, and extinguish burning heat, which accompany inflammation and fever; to moisten, dilute and attenuate, all that is dry, thick, and hardened; to soften down acrimony; to reduce obstructions; to dissipate congestions; to keep all the excretive passages open, to make

all movement converge thither; to attract there all hurtful humours, to operate their discharge; lastly, to keep up the strength of the invalid, according to the wants of nature, which must itself labour in this great work, the accomplishment of which the doctor should aid, and never impede. This is, I think, the object of medicine, of which I have described the acts and intentions.

If it is objected that one remedy cannot fulfil so many various objects, I shall reply that it is multiplied by those acquainted with its use, that the numerous ways in which it is employed, answer to the numerous remedies which art would produce. For foot-baths, half-baths, partial and entire baths, the douche, and injections, although all composed of cold water, are as many distinct remedies, each having its particular properties, answering to the wants of nature.

It is also wrong to say that this curing method has but one remedy, whilst the eminently powerful and beneficial sudorific process is put in requisition. The equally influential power of exercise, also, in the open air; of wholesome food, abundance of which is craved by a devouring appetite, produced by frequent exercise; lastly, the silence of passions, commanded by the system, and the fact of the sphere of pleasure in the enjoyment of the distractions of society being circumscribed, are all of the very highest importance in carrying out the water cure: indeed this kind of medicine is always as good as any other; it has, at least, the advantage of not being revolting to the sense of taste, and as it can be self-administered, and every where procured, is within the reach of all classes.

LETTER OF DR. ENGEL, VIENNA.

In a letter written to the Editor of the *Gazette Medical de Paris*, 13th Jan. 1840, Dr. Engel, of Vienna, writes as follows:—

Sir,—In visiting your capital, the centre of civilization, it is impossible for a foreigner, animated with the desire of instruction, not to make every effort to profit by the perfection which arts and sciences have attained there. Whatever may be his studies, it is certain that he will add greatly to his previous knowledge and information; in the midst of his admiration he will, notwithstanding, be astonished to find a total ignorance in this civilized country, of the progress in a branch of the medical art, which has succeeded to such an extraordinary extent in Germany. Excited by a legitimate national pride, and by a consciousness of duty which he is bound, as a medical man, to perform, he feels the necessity of making known this valuable discovery, the efficacy of which, from the numerous experiments that have been made, there can exist no doubt.

These are the motives, sir, which led me to forward these lines to you, and to beg, if you think them calculated to be useful, that you will insert them in your valuable journal.

The narrow limits to which I am obliged to confine myself, will not permit me to treat this important subject, so as to make you comprehend entirely Hydropathy, or the cold water cure. I will only, for the present moment, give the leading features of the system, saying

something of its origin and progress, in order to attract the attention of the French medical profession to the subject. If, as I venture to hope, these lines are favourably received, I propose afterwards publishing a small work, more in detail, developing the theory and practice of the treatment (the astonishing efficacy of which I have proved myself,), by enumerating many facts, chosen out of a great number, all of which came under my own especial observation.

In all ages water has been employed in different cases. I believe, however, that our times are destined to see the use of it much more extended, and to show us in what manner medical science, now so complicated, had its origin. In fact, it is not from any profound researches, it is not by the learned availing themselves of the knowledge of their predecessors, that this powerful, though simple method, of curing disease has been discovered,— it is to a plain countryman, guided by his observations of nature, that humanity is indebted.

Priessnitz, whose name is celebrated throughout Germany, inhabits Graefenberg, a hamlet until a recent period completely isolated and unknown, upon a mountain of the chain of the Sudates, on the frontier of the Austrian monarchy. In his retired retreat, deprived of all medical aid, he attempted to cure the diseases by which he and his relations were afflicted: encouraged by success, he next endeavoured to cure persons attacked by the gout, which defies all other remedies, and which is an endemic in this country. He again succeeded. His observations were increased, his judgment strengthened, and his quick perceptions confirmed. The fame of his cures became known, his renown brought invalids not only from all parts of Austria, but also from distant

countries; almost all returned convalescent, or relieved more effectually than could ever have been expected. But now a greater triumph awaited nature's doctor. After having suffered all sorts of calumny, of envy, and contempt from scientific conceit, he at last saw his efforts appreciated; all are now ready to do him justice, to follow him in his practice. Many considerable establishments have been created upon the model of that which he founded; and Hydropathy is honoured and respected throughout all Germany.

As I have already said, it is on a high mountain that Priessnitz first commenced his cures; there are now about two hundred and fifty invalids at this place. It was in the middle of a forest that he thus undertook the cure, without any other auxiliaries than pure air and water springing from the rocks, and a wonderful talent to adapt and modify the treatment requisite for all; no two persons being treated exactly alike in this apparently simple and uniform cure.

But it is useless to ask him the theory or the principles of his treatment; however active and energetic may be his ideas, he cannot express them; it is only by closely observing his actions that you can form any idea of the manner in which he follows the laws of physic and physiology, the names of which sciences are unknown to him.

In this wild situation you see scattered several peasants' cottages, and also Priessnitz's house, which has nothing to distinguish it from the others. Amongst these cottages are two large buildings, constructed principally of wood, destined to lodge those who have come to consult him. Though the rooms are small and uncomfortable, his patients however, far from being

disheartened, are all sustained by the hope of recovering their health. Many remain during winter, which is extremely severe in these mountains, where in the month of August I have found before the rising of the sun but six degrees of heat, Reaumur, (45 degrees Fahrenheit.) But Priessnitz thinks the lower the temperature of the water is, the more efficacious it will prove. The cure once commenced cannot be discontinued without injury to the patient.

I shall now enter into some details of the way an invalid employs his time at Graefenberg, which will at the same time give an idea of the general treatment. I say idea, because Priessnitz varies it in so many ways according to the persons to whom it is applied, that you must have witnessed the treatment to judge of the variety of its applications. That which distinguishes this, however, from every other cure, is the absence of all pharmaceutic agency; it is the perspiration and the crisis that characterize it, and which remove all the diseases submitted to the action of cold water.

The invalid is awoke at four or five o'clock in the morning, then enveloped almost hermetically in a thick coarse woollen blanket, the head only is left uncovered, by which all contact with the exterior air is carefully avoided. Presently the heat accumulates round the invalid, depending upon the heat of the atmosphere, and he perspires sufficiently to wet the whole of the coverings; during this time he may drink as much cold water as he pleases. After he has thus sweated the allotted time, he takes a cold bath. The first impression is doubtless disagreeable; but once overcome, an agreeable sensation follows, as the pores dilated by the heat absorb the liquid.

After much observation it is found to be the moment when that salutary exchange takes place which purifies the system. This sudden variation of temperature never has produced any serious accident; all irritation produced by stimulants is carefully avoided, the lungs are not heated by breathing hot air, as in the Russian baths, the skin only being slightly stimulated. On coming out of the bath the invalid is dried and quickly dressed; if able he then takes a walk, during which he drinks abundantly of cold water.

He ought, however, to avoid excess, which is manifested by a disagreeable weight at the stomach. Habit does wonders in this respect. You see persons almost hydrophobic at the commencement, who, after a time, drink from twenty to thirty glasses of water a day.

Breakfast consists of bread, cold milk, and fruit. Priessnitz considers all heated things to be prejudicial and debilitating to the stomach: and this opinion is confirmed by his experiments upon animals. After breakfast every one is expected to take a long walk, and then proceed to the douche, leaving a sufficient interval to avoid accidents.

Invalids, whose skins are habitually cold, dry, and hard, will perspire more easily from cold ablutions; those who suffer from local complaints are relieved by more or less frequent fomentations; those who are attacked by chronic evils which are more obstinate, are submitted to the influence of cold water.

I have already made mention of the douche; it is very interesting to observe the efficacy of this last manner of applying cold water. A gouty subject, for instance, who submits his hands and feet, or any swelled part, to the action of a strong fall of water, experiences the follow-

ing phenomenon: his skin becomes quite red, and he then feels an intolerable itching, occasioned either by reabsorption, or oftener by a topical suppuration.

Invalids should generally drink much cold water, and take a great deal of exercise if they can support fatigue. The dinner-hour is one o'clock. I think it would be difficult to see a more extraordinary appetite than that possessed by Priessnitz's invalids, who all dine in the same room.

Individuals afflicted by chronic diseases, whose digestion has been deranged by a number of remedies, are not long before they re-establish its functions, by the return of their vital force. The food is plain and abundant; the only objection to it is that the dishes are sometimes too coarse for delicate stomachs. Each person eats as much as he pleases, or according to his appetite.

If the weakness of the patients, or the crisis already begun, does not prevent it, they recommence some hours after dinner the treatment of the morning; the douche is, however, forbidden, as too irritating. After a slight supper of cold milk and bread, every one retires to rest. The occupations of the day are a guarantee for repose during the night.

The sensation caused by the Hydropathic treatment differs essentially from that arising from any other method of curing.

In the beginning, the return of strength and the awaking of the torpid faculties are agreeably felt; excitement is not limited to the affected organs, but becomes general, and produces a salutary revolution in all the vital powers.

The true febrile symptoms develope themselves; the pains already existing become more intense; old dis-

cases, in appearance cured long since, reappear; these effects are but the forerunners of a more determined crisis.

Almost all the patients who have followed this treatment for some time, feel an itching and a sharp pain in the skin, which is sometimes covered with spots or pimples of different forms.

The diseases which are caused by the irregularity of the nervous functions, are generally limited to this sort of crisis. If we, on the contrary, treat of the cure of what are called material diseases, the phenomena which they manifest are sufficient to convince the most incredulous of the efficacy of this treatment. The sweating, more abundant every day, contains morbid matter, the nature of which differs according to the disease. The different shades of the viscosity and of the odours, prove this most incontestably. The number of abscesses which make their appearance sooner or later, under the influence of cold water, purify the system of corrupt humours. Whilst the invalids are thus covered with abscesses, an abundant secretion is discharged by perspiration, the urine, or the urethra. They then find themselves physically and morally better, their appetites increase, their pains are diminished, and, finally, their health is established.

I shall finish this notice by enumerating the diseases which more especially are cured or relieved by cold water; and examples of which are found in great numbers in the Hydropathic establishments.

I may fairly hope as this method becomes better known and more practised, under various circumstances, and in different climates, that it will be more and more appreciated; my observations have convinced me that the mode

of treatment is efficacious, principally in chronic diseases, accompanied by atony; in all nervous affections, spasms, pains of which medicine will not discover the cause; in cases of obstructions of the stomach, and all the systematic evils which arise from them; such as indigestion, hypochondria, piles, jaundice, &c. Also in cases of gout, rheumatism, scrofula; diseases affecting women, such as hysterics, &c.. In fact, cold water, is perfectly successful in a number of diseases, beyond the reach of medicine altogether. I have again had occasion to admire the result of the application of cold water in cases of ague, accompanied by symptoms of fever, such as nervous, typhus, putrid and scarlet fevers; but its most signal triumphs are obtained over those serious derangements of the system produced by the abuse of drugs, such as when the passage of the system is obstructed by quinine; or when consumptions are produced by iodine, arsenic, or the consequences of mercury, tartar emetic, and other dangerous medicaments have manifested themselves.

LETTER OF DR. BEHREND, BERLIN.

You know already, without doubt, sir, by the public voice, and through the press, the new method of applying cold water in the cure of most diseases, internally and externally. This method was discovered by a peasant named Priessnitz, a man endowed with superior intelligence and extraordinary penetration. It has been in use for eight years, with the consent of the Austrian government, at Graefenberg, a village in Silesian Austria. So many cures have been effected by this peasant, and cures of so astonishing a nature, that numbers of

patients have arrived, not only from Germany, but other countries; and doctors, who prefer instructing themselves to blindly opposing so new and wonderful a discovery, are on the increase. The number of patients, of all ranks of society, during this year, was more than fifteen hundred, (not including fifty doctors.) The village of Graefenberg is already changed into a small town. The matter has been scrupulously examined by the Prussian government, which has confirmed the happy results arising from this new application of cold water. The method is named Hydriatrique, or Hydropathy, and has attracted the attention of all the governments of Germany.

The great success which Priessnitz has obtained, and still obtains every day, does not depend upon the quality or composition of the water, which is *pure spring water*, but on the new manner in which it is administered.

Establishments have already been formed of the same nature at Breslau, Brunswick, Dresden, Gotha, Bavaria, and at Cassell, &c. &c. There are two at Berlin; and a friend of mine is on the point of establishing one in some town or village of Belgium. After having seen such extraordinary success obtained by this Hydriatrique method, after having examined, without prejudice, the persons returning cured from Graefenberg, many of whom were connexions of my own, I went there with two other professional men, in order to see with our own eyes. We staid there six weeks, strictly examining the peasant Priessnitz's method.

Practitioner as I am, of fifteen years' standing, and editor for six years of a medical journal, I was at first a little mistrustful of this novelty, and compared it with

many others whose authors pretended to reform the medical art, and who have completely vanished. But, Sir, that which I saw with my own eyes at Graefenberg, and other similar establishments, struck me, as it will you, with astonishment. I have seen asthmas and pleurisies completely cured in three or four days by cold water only. I have seen an old intermittent fever cured by cold water, without quinine or any other remedy than cold water. I have seen measles, scarlatina, small-pox, nervous fevers, rheumatism, scrofula, hernia, tracheitis, or complaints of the throat, gout, ringworm, syphilis, tic douloureux, and other nervous affections; tumours in the glands; swelling of the heart, liver, and all effects of mercury, and many other diseases, cured by simple cold water, without the aid of any other remedy whatever; and in a comparatively shorter time, and a more favourable manner for the constitution, than could have been attained by any other means. Cold water is administered in all diseases, internally and externally, but the method of application is varied according to the individual and the case. Cold water serves sometimes as a revulsive and sometimes as a depressive agent, and in all these cases the efficacy of water is so clearly manifested, that to doubt is impossible; and if you, Sir, had witnessed what I have, you would not doubt any more than myself.

Since this letter of Dr. Behrend's was written, the author has been at Berlin, where he was informed that a doctor at the head of one of the Hydropathic establishments in that city, made a report to the Government that out of 280 patients who had been subjected to the water cure in 1840, there had been but one death,

that of a child three years of age, who at the commencement was declared too far gone to give great hopes of its recovery.

Extract from a Work, published in 1840, by Dr. Sauvan, of Warsaw, Corresponding Member of the Royal College of Surgeons, London, and Member of the Medical Societies of Paris, Florence, and Naples, as an Address to the Medical Society of Warsaw; entitled "An Explanation of the Scientific Principles of Hydropathy, or the Method employed at Graefenberg."

After concisely tracing the history of disease, and explaining the different means resorted to by the faculty for counteracting the same, the Doctor proceeds, as follows, to point out the advantages of Hydropathy:—

This method of curing diseases consists in a peculiar regimen; in the use of a great quantity of cold water as a drink; in excitation; in copious perspiration; in the employment of entire and local cold baths, cold ablutions, and injections into the cavities of the body; of frictions, douches, and cold damp fomentations. The importance of regimen in the curing of all diseases has been too often demonstrated to render it necessary for me to enter into any details upon that subject. I shall therefore limit myself to the observation, that if a modification of diet is requisite in the treatment of acute diseases, it is not less so in the treatment of chronic ones; because it is only in the debilitating habits of a sedentary life, in the excess of intellectual occupations, in richness of food, in the abuse of fermented liquors, in the bad air of town, and the vexations of domestic life, that

the greater part of chronic diseases take their rise. It will be in vain for such persons to seek to recover their health, without abandoning all these causes, at least during the time they are under the cold water treatment. Cold water, drank in certain quantities, acts especially upon the stomach and all the digestive organs.

Its temperature excites more vigorous contractions, refreshes the stomach and intestines by dissolving all obstructions, and gives them a tone without irritating. In fact, those who know the importance of digestion in the curing of chronic diseases, can easily appreciate the important service which cold water may render. This neutral fluid being easily absorbed, renders the blood more fluid; and having, by means of circulation, entered into the interior of the organs, it there dissolves all excretory matter. In fact, water, when it passes off, whether by the means of urine or by perspiration, is strongly impregnated with a quantity of impure matter.

Cold water, as a drink, penetrates more effectually into our intestines than any other remedy. By its dilating properties, it assists all evacuations without force, leaving to the system the choice of the way and of the time.

Sweating. This mode of treatment, is produced by covering the body with blankets, in order to prevent the escape of the caloric of the human frame. There is no difference between these perspirations and the ordinary ones, except that in this case the morbid matter when it begins to be dissolved, escapes through the skin: sometimes it is green or yellow, and exudes different odours: sometimes it is even fetid.

It is a curious phenomenon for pathology, to observe the different smells arising from perspiration after

the use of certain medicines, such as mercury and sulphur, even though taken several years previously. Critical sweats have, after mercury, the same repulsive smell which is remarked after mercurial salivation; and after sulphur they exhale an odour similar to that substance. Perspirations are called critical when they visibly relieve the invalid.

The concentration of organic heat stimulates the blood and lymph, and causes them to circulate more rapidly in the capillary vessels. The rejection of excretory substances dissolved by cold water, taken as a beverage, is rendered more abundant from the skin thus aided by an accelerated circulation; and to avoid that weakness of the body which so frequently follows the open state of the capillary vessels; causing, as we see in the colliquative sweats, a free passage not only to the worn-out and diseased parts, but also to the nourishing parts, and to those necessary to the system. Ablutions and cold baths are employed. These must be taken gradually, descending from 72 to 45 degrees. They give, by their temperature, a contraction to the capillary vessels, prevent the skin becoming too sensible afterwards to atmospheric changes, (which occurs upon the prolonged use of warm baths,) they clear away the perspiration from the worn epidermis, and strongly excite, by their action, the reaction of the system. It is an acknowledged fact, that after the application of one of these agents people become warm, even in a low degree of temperature.

It is here necessary to dissipate the fears which a great number of persons entertain (and which I only overcame myself after having witnessed for four months and a half the salutary effects of the cure at Graefenberg on more than 500 invalids of all ages, all sexes, and all constitutions) of drinking or bathing in cold water when

heated, or even when the body is covered with perspiration. For the experience of centuries seems to have shown, that thousands of persons after having drunk cold water when heated, or in a state of perspiration, have been subjected to inflammation of the lungs, heart, head, or liver, and to apoplexy. However, on the other hand, we see every day at Graefenberg hundreds of persons when covered with perspiration, drinking abundantly of cold water, and in that state plunging into a cold bath, without our being able to cite, out of 10,000 people who have visited Graefenberg since the commencement, a single instance of injury resulting from it!

We are still more assured of the benefit of this treatment when we see a government so cautious as the Austrian government, whose example has been followed by so many other states of Germany, jealous of the health of their subjects, and having a severe medical police, encourage this treatment, with the conviction that it is without danger.

To understand these two facts, equally true though contradictory in appearance, we must examine into the mode of producing these perspirations, so completely different in their effects. When perspiration is caused by medicine, or violent movement, such as dancing or other fatiguing exertion, the skin not only perspires, but the respiration and the circulation are powerfully accelerated, and the radical viscera of life, the brain, heart, and lungs are in a general state of excitement; which is not the case in sweats produced through the medium of the treatment at Graefenberg, by the heat concentrated in the body by means of blankets, which stimulates the skin without any movement on the part of the invalid. The skin only in this case is in a

state of irritation, as is evidenced by its redness and its high temperature, whilst the internal organs are refreshed by the deglutition of cold water prescribed with the view of keeping up perspiration. There is then so great a difference between the two states of the organs, though they are in appearance so similar, that I have thought it my duty to mark it in an especial manner, because any misunderstanding in this respect might occasion very serious consequences.

The douche bath at first produces violent excitement, by creating in the whole body a powerful reaction, partly occasioned by the mechanical action of a fall of water from 10 to 18 feet high, and partly by the coldness of the water; this produces a redness of the skin, and gives heat, activity, and strength to the body, and an increasing activity to the digestive powers.

The douches are very properly prescribed, when it is requisite to produce a strong reaction, to fortify the skin, to disperse the accumulation of injurious and inert deposits by stimulating their absorption, as in cases of swellings of the glands and joints; they are also useful to bring back ringworms or efflorescence which had entered the system, or to provoke a critical hemorrhage and the discharge of hemorrhoids, or to give activity to the vein and capillary circulation in obstructions of the abdomen. It is easy, after these details, to perceive that the douche is detrimental in all cases where it is necessary to diminish and calm the reaction of the blood and nerves. The primitive effect of the sitz and foot-baths, is a sensation of cold to the parts submitted to the action of water, and a congestion to the upper regions of the body. This is to be prevented by applying a cold damp cloth to the head during

the first ten minutes. By depriving the body of its superfluous caloric, the water soon becomes warm. At first it is only the parts wetted which are refreshed, but in a short time the whole mass of blood, by the rapidity of its circulation, passes to the cold parts and warms them, and the upper part of the body by degrees becomes refreshed.

After remaining some time in a sitz-bath the pulse slackens, and the congestions to the head, by reaction, descend to the inferior parts; and head-aches, heat to the eyes, tooth-aches, and inflammations of the throat, are relieved. This mode of refreshing the head is slower, but it is milder and more certain than the immediate application of cold water to the parts, because the reaction of the system which follows the application, if the latter be not continued, augments, by its secondary effect, the congestion which it had calmed by its primitive action.

The action of cold sitz and foot-baths is derivative, if employed for a short time (half an hour) without changing the water. Again, it diminishes congestions of blood to the upper regions of the body, by the consecutive reaction of the system, which accelerates the capillary circulation of the parts immersed. Hence their utility in *hemorrhoids, les regles douloureuses, et peu abondant*, &c. But when required to combat intestine inflammations, dysentery, or chronic diarrhœa, sitz-baths, at first with the chill off (64° Farh.,) are employed. In this the patient remains for hours, changing the water every half hour, each time a little colder, until it becomes very cold; during which time, abundant potations of cold water must be resorted to, but not in large quantities at a time, until a shivering is produced, which is very soon followed by the refreshing of the entire body.

As the sitz-baths are in more frequent use, and milder than entire baths or ablutions, which can only be employed for a few minutes, there is not an invalid who, if he conforms to the custom established at Graefenberg, ought not to use it once or twice a day. Rubbing with the hand gives greater effect to these baths, by exciting the circulation of the blood in the abdomen.

After treating at large on the subject of cold injections, cold fomentations, &c., the doctor proceeds to state, that water, as a neutral fluid, is filtered through the body; and is there of the same importance as it is in all nature, where its effect is to dissolve and to facilitate compositions and decompositions, after the maxim so well understood in physic, "*corpora non agunt nisi soluta.*" If we consider that every thing in the system derives its principle from the fluid called blood, which becomes fluid after being used by the organism of life, before it is discharged from the body, it will be evident that the water which encourages this fluidity must aid circulation in the most delicate vessels of the body, and by that means facilitates even the reparation of our system.

With respect to its temperature, it must be observed, that water produces quite different effects under different circumstances, depending upon whether it is applied for a long or short time; that is to say, whether we avail ourselves of its first or second action; whether we are to be warmed by the caloric of the body, or be kept cold by renewing the water often. Again, its action is quite different when applied to a part afflicted, from its operation on a part removed from the seat of disease. The first effect of water is sudden,

giving place to another, or second effect, that is to say, reaction, which those who have washed with cold water or snow must have experienced.

Is the treatment at Graefenberg applicable to all descriptions of disease? I reply, that its application may be useful in a great number of both acute and chronic diseases; but there are, however, cases where some essential organ has become defective, so that art can only prolong existence and diminish suffering. Among the exceptions may be cited consumption, organic diseases of the heart, of the lungs, of the large vessels, open cancers, dropsy, &c. Notwithstanding, in all these cases, and many others known to be incurable, a palliative relief is afforded by the moderate use of some of the applications at Graefenberg, employed judiciously.

But will this treatment effect a radical cure? All depends upon what is to be understood by the term radical. If it be the eradicating from the system that which is the cause of disease, and relieving the patient from all pain, then the cure by this method will be radical! But if to be radical a cure must prevent a return of the disease, in cases of parties exposing themselves to the same influences as those which occasioned it in the first instance, neither this nor any other method will have that effect.

As to the question of danger in the treatment at Graefenberg, I do not believe there can be any active mode more innocent, either with regard to its present or future effects. This observation refers only to Priessnitz; because, if the treatment be injudiciously applied, (of which I know many instances,) it may be attended with dangerous consequences. People who are unacquainted with Hydropathy imagine that drinking too

plentifully of cold water will produce dropsy. To convince them of their error in this respect, it is only necessary to observe, that it is not water which occasions dropsy, but a watery albuminous fluid, generally coagulated by heat and acids. This fluid, in dropsical people, fills the cellulary tissue and the different cavities of the body, and is always the product of a morbid secretion of the watery membranes which line the interior of the cavities. The secretion is generally caused by the irritation of the membranes, the result of the abuse of fermented liquors. It could not be produced by cold water, in whatever quantities the latter might be drank.

Others pretend, that this new method of cure will wrinkle the skin, and make people look older than they really are: this is also a gratuitous assertion, and not less destitute of foundation than the preceding. It is true that warm baths and also hot climates, in weakening and relaxing the contractibility of the skin, may produce wrinkles before their time; and, on the other hand, intense and continual cold, as in northern regions, by preventing the development of the body, and principally the surface, may produce the same result: but the momentary action of cold baths produces quite different effects, by giving a tone and contractibility to the skin; for the consequent reaction produced by cold, in bringing the blood, by the capillary attraction, to the surface, maintains, by its more active circulation, the nutrition and colour of the skin, and, aiding the excretions, prevents the heating of that organ. Thus, far from causing wrinkles, cold water is the surest and most efficacious means of preventing them. Experience confirms the fact, that to the use of cold baths and cold

water, as a beverage, numbers of persons are indebted for having preserved the freshness of their skin and complexions to a very advanced age. This fact fully justifies the expressed opinion of many celebrated doctors, that fresh water is the best of all cosmetics. A third prejudice, still more divested of foundation, if possible, than the two preceding, is, that though this mode of treatment produces very salutary effects for the first few months, it in the end occasions, (principally amongst nervous persons,) most dangerous consequences.

It is to the following cause that I attribute this mistake. Though this mode of cure has the incontestable advantage over any other of fortifying the whole body, and rendering the nervous less susceptible to exterior influences, it has not the virtue of changing the entire system, and of rendering robust those that are by nature delicate. This is too much to expect from any treatment: strength or weakness depends, as everybody knows, upon innate dispositions, upon the entire system, upon education, mode of living, nature of occupations, &c.

BIBLIOTHECA BODLEIANA

CHAPTER XV.

PRIESSNITZ'S GENIUS IN DETECTING DISEASE—CASES OF CURE, ETC.

After citing a few cases, to show Mr. Priessnitz's singular talent in the detection of disease without feeling the pulse, looking at the tongue, or adopting any of the means resorted to by medical men, and giving several instances of cases which came immediately under my own observation, (the names of the parties being withheld for obvious reasons,) I shall proceed to a detail of the Hydropathic mode of curing disease.

For all those pages pointing out the way in which the cure is to be effected, I am indebted to a highly approved work, published in the German language, by Professor Mundé, and translated into the French by Dr. Bigel, of Strasburg.

Since Professor Mundé was at Graefenberg, Mr. Priessnitz has made some slight deviations in his mode of treatment, such as not allowing the patients to perspire so long or so often; and some are of opinion that his general practice is somewhat milder. There is much difference of opinion amongst the visitors at Graefenberg, as to whether this is advantageous or not; but they seem, however, to agree, that though the time required for effecting a cure may be somewhat longer, the

treatment is rendered less objectionable. In other respects, Mr. Mundé's work was generally declared to be the best and most correct of any that had been written on the subject, up to the time of my departure from Graefenberg.

1. A Polish general, who had a complaint of the spine, on his arrival at Freiwaldau, was told by his friends who met him, as he descended from his carriage, that there was no doubt he would immediately throw away his crutches, and be perfectly cured if he followed the system. He sat talking with them on one of the seats outside the house, when Mr. Priessnitz came up on horseback; he rose to salute him; the latter begged him to be seated, and instantly said, "I perceive that the water cure will not be available in your complaint." The general afterwards said that Mr. Priessnitz recounted to him all his sufferings with the greatest exactness. The general, however, then answered, "Well, I may as well die here, for I have tried all other remedies in vain; but the most painful part of the matter is, that I have a young family, which I had hoped to have lived to see brought up." The other replied, "Although cold water will not cure you, it will relieve your pains, enable you to dispense with crutches, and will prolong your life; but as you regard these as advantages, avoid drugs." The general at once determined on residing there for some years. He is now cheerful, out of pain, and walks with the use of a stick. He is a personage of such importance, that all visitors to Graefenberg will at once know to whom this anecdote alludes.

2. Baron ———, an Hungarian nobleman, though of a powerful frame, was in an exceedingly bad state of health: amongst other things, his eyes were so affected

that he had but slight hopes of saving either of them, although no inexperienced person would have supposed, from looking at them, that there was anything the matter with them at all. On his arrival, a friend took Mr. P. to the window, and began giving him an account of the baron's complaints, and touched upon the subject of the eyes, upon which Mr. Priessnitz turned round, looked at the baron, who was at least four yards from him, and said, "I see he has lost one eye entirely, but the other will be completely restored." The baron commenced the treatment, and shortly lost his sight entirely, and with it all hope. On Mr. Priessnitz going to see him, he said dolefully, "Now the world has no longer any charms for me—I shall never see again." "Not so," said the other, "in two days your sight will return, and from that moment it will become stronger, until you will be able to see with that eye as well as I can with mine." The event occurred as predicted. The baron is now considered one of the best shots there, and his health, in all respects, is daily improving.

3. Count ——— corresponded with Mr. Priessnitz through a general (a friend of his) at Graefenberg. From the count's statement, it was concluded that Hydropathy would effect a cure of his disease, and this induced him to undertake the journey. Mr. Priessnitz, on seeing the invalid in the apartment of the general, instantly doubted the paper statement of the case, and requested him to walk as far as the window; this the count did; whereupon Mr. P. declined undertaking the cure. After the departure of the invalid, the general, who was on intimate terms with Priessnitz, inquired why he had refused his aid. "Because," said he, "instead of it

being as stated to me, it is one of those incurable cases, so far advanced, that the poor gentleman will not be living in three months." A prediction which proved too true; for he died at Vienna, whither he went to consult some eminent physician, shortly after quitting Graefenberg.

4. A lady and her daughter, on alighting from their carriage at Graefenberg, were accosted by Mr. Priessnitz, who, on being informed by the mother, that the faculty thought her daughter in a consumption, requested the young lady to run a few paces up the hill. On returning to where they stood, he said, "She is not in a consumption, though there is a strong tendency to it in the system." This young lady gained flesh and colour daily, and was perfectly cured in a few months.

5. The Marquis D——, a French nobleman, accompanied a friend on a visit into Galicia, six weeks before I left Graefenberg. Almost as soon as they arrived a dysentery broke out, which carried off great numbers in the neighbourhood, and finally, a gentleman who was on a visit in the same house. This so alarmed the marquis's companion, that he also had the dysentery, upon which he declared his conviction, that unless they left immediately, he should follow his friend to the tomb: upon this they quitted for Graefenberg.

This gentleman told me, that he never thought it possible any human being could endure what he had for forty-eight hours, the time required for the journey; but notwithstanding that, on arriving within the confines of Graefenberg, he said jokingly to the marquis, "Now I have nothing more to do with it; now it is Priessnitz's affair." They arrived in the night, and sent, without loss of time, to call Mr. Priessnitz up, who, as soon as he understood

what was the matter, in his cool, confident manner replied, "Das ist nichts," or, it is a mere nothing. In a few days the patient was perfectly recovered. The marquis soon after, also fell ill of the same complaint, and then he also experienced the beneficial effects of Hydropathy. All persons who may next year go to Graefenberg, will easily discover to whom this statement alludes.

5. A lady, who for some time had had such intense pain in her gums as to destroy her rest, and who, on catching cold, was generally laid up with an affection of the chest, after beginning the cure for about six weeks, had a boil break out in the lower part of her face, and became otherwise feverish and weak; this was just as Mr. Priessnitz expected. Several friends of the husband of the lady persisted in representing to him the impolicy of allowing his lady to continue the cure, as they were sure her chest was affected. Hereupon the husband went to Mr. Priessnitz, and stated his fears, when the latter said they were groundless, but that to satisfy him he would then go and see the wife: this he did; but he asked no questions, felt no pulse—merely talked two or three minutes, and then declared that her chest was perfectly sound, but that she must have had some complaint which had settled between the chest and throat, but that now that and the pains of the gums would pass away through the boil on the face. It immediately struck the parties that she had for a long time suffered from influenza, which confirmed Mr. Priessnitz's observations. From that time forward this lady gained flesh, and her health soon became perfectly established.

6. An English medical man called the author's attention, at Graefenberg, to an individual about sixty

years of age, who passed them as they were talking together, and said, that on his first arrival at Graefenberg, before he had the greatest confidence in Hydropathy himself, he was astonished one morning, at the great bath, on being accosted by that person, who said, "Doctor, this is a trying moment for me: I have been afflicted with asthma for upwards of thirty years, during which period I have hardly ever touched cold water; and now, after having perspired for an hour, I am to plunge into the cold bath. Don't you think it is dangerous?" The doctor inquired, "Are you sure that Priessnitz ordered it?" He replied in the affirmative. "Then," said the doctor, "you have no alternative; so follow me:" upon which they both went into the bath. This man was perfectly cured of his asthma in three weeks. He staid at Graefenberg some months after this for some other complaint, during which time he never had the slightest return of his asthma.

7. The daughter of a colonel in the Austrian service, who had sought medical aid and the waters of Germany in vain, came to Graefenberg; she commenced the cure, and was soon in the crisis. The alarm this occasioned the mother, and her increasing attention to her daughter, brought on a severe fever. Both these persons were now treated at the same time, and both were restored to better health than they had ever enjoyed before. The colonel, who is upwards of seventy years of age, having obtained leave of absence for three or four months, proceeded to Graefenberg to his family. Besides some other ailment, he had been deaf for thirty years. He was delighted with the treatment, as it produced in him a degree of strength and buoyancy of spirits quite extraordinary. One day, sitting in the woods, he heard

the rustling of the leaves and singing of birds: upon this he ran to Priessnitz, and, in the greatest delight, declared he had regained his hearing. "Ah!" said the great man, "this is but temporary:" and so it proved; for the next day he was as deaf as before. On another occasion, whilst at table, he heard such a clattering of knives and forks, such a buzz of conversation, that it was too much for him, and he was obliged to leave the room. This again was declared illusory. "But," said Mr. Priessnitz, "now it is quite certain, that if you stay three months longer, you will perfectly regain your hearing." The colonel's leave of absence having expired, he could not do so, but said he would continue the curative method at home.

8. The Prussian consul at Hamburg came to Graefenberg eighteen months ago: he had a complication of diseases, and a sore leg, which had dwindled to the size of his wrist, attended with pains too acute for human nature to endure. Amputation of the limb appeared inevitable, without any hope of his being cured of the disease which had produced it. He determined on going to Graefenberg by slow stages. It is painful in the extreme to hear his account of his suffering by the way—how often he thought he should die *en route*, and cheering to hear the relief that was immediately afforded him by Mr. Priessnitz. His progress to convalescence has been slow; but he is now so far recovered that no difference is perceptible in the legs; and, previous to the author's departure, he had the pleasure of seeing him join the maze of the waltz, with all the activity of the youngest person in the room. The stranger, on going to Graefenberg, if he has the good fortune of making this gentleman's acquaintance, (he will be there

another year,) will be quite astonished at his account of the effects of water upon his children, who were sickly and weak in their spine and limbs, but who now are pictures of what children should be who are in perfect health.

9. A delicate female came to Graefenberg to be cured of a liver complaint. The disease arose from inflammation in the liver, to cure which, by the allopathic system, she had been treated by mercury. Under Priessnitz's mode of treatment, in a short time, she had a crisis of boils, through which the mercury evaporated. Immediately after the boils had healed, the inflammation of the liver returned. "Now you may consider yourself cured," said Priessnitz; and she was indeed cured in a few weeks, when the liver complaint left her, it is to be hoped, for ever. The evident cause of this disease was either some injurious drug, or perhaps a cold, which had fallen on the liver and had caused inflammation.

10. A gentleman from Galicia, forty-five years of age, told me that he came here to consult Priessnitz, and take a few baths, in consequence of some indications of gout which he suspected was coming on, on account of his having indulged that year in the gaieties of the carnival. The gentleman was here six years ago, staid four months, and was perfectly cured of gout, with which he had been annoyed for many years, spring and autumn. Mr. Priessnitz assured him, that if he resorted to his former temperance, and used cold water, he would have no return of the complaint.

B——, a captain in the army, came here fifteen months ago upon crutches, with gout in his feet and hands. He was perfectly cured in nine months, and staid the

last six months to see if there was any probability of a return of the gout. He then left, fully satisfied that it no longer existed in his system.

C——-, an officer in the army, came here to see a friend: he also stated, that five years ago he had been perfectly cured of gout in five months.

D——, aged sixty, had been confined to his bed for the greater part of several years: he came to Graefenberg, staid six months, and now follows the treatment at his own house. Since that period, for two years, he has never been confined to his house for an hour: his hands and feet he finds are resuming their original size and form.

11. F., from Hungary, had been tormented with tic douloureux for five or six years: he was perfectly cured in four months. His lady, who had just recovered from fever, was so weak as to be hardly able to walk. The progress in strength which she made in a fortnight was quite extraordinary. She stayed six weeks, and was perfectly restored.

I knew three persons at Graefenberg whose disease had settled in their legs; in each case, amputation had been recommended by the faculty. These invalids have been at Graefenberg from fifteen months to two years, and all were nearly recovered when I left.

12. An officer from Saxony, who was here for his pleasure, told me, that six years ago he underwent a most miraculous cure: that he had rheumatism, was deaf for two years, and otherwise diseased. In nine months his hearing and health were completely restored, and he had never had the slightest return of either of his complaints.

Rheumatism.—A German prince, four years ago, lost

all power in his limbs. All pain left him in two months at Graefenberg. He stayed four months there afterwards, and had no return of his evil, nor has it ever made its appearance since.

A countess, living 150 miles from Graefenberg, was reduced to the last extremity, having been confined to her bed for two years. Her husband came to Graefenberg to consult Mr. Priessnitz. The latter sent off immediately one of the women of his establishment for the countess, with orders to put her in a wet sheet, and change it often during the journey. This was done: she arrived almost a skeleton. In a week she was taking an airing in her carriage. In three weeks she was able to sit upright in her carriage; and shortly after, began to walk in her chamber: she continued in this state when the author left, but she fully expected to walk out of doors in a fortnight. To see this lady on first coming, extended like a corpse in her carriage, in three weeks to see her propped up by pillows, and in six to see her upright and laughing, with flesh and bloom on her cheeks, was regarded by every one as something little short of a miracle.

13. One object that interested me very much, was a gentleman, supported by two crutches, and led by a servant. On inquiry, I found he was a medical man, from Sweden; that two days previous to the one when I saw him, he had had a fever: that during the day, Mr. Priessnitz had applied no less than eighteen wet sheets, and then the bath: in a week I was astonished to see this person going up to Graefenberg with the use of only a stick, and in ten days more he was as upright, and walked as well, as any body else.

At a ball which takes place every week at Graefen-

berg, I saw an aged female using two crutches, and supported by a servant. I was informed that this lady, previously to coming to Graefenberg, had been confined four years, the first two years to her bed, and the last two years, not being able to support an horizontal position, had been supported day and night by pillows. She had only been here three weeks, and was then able to be brought into the ball-room. She made daily progress, and, when I left, was walking out of doors with the use of a stick.

14. A lady, from general debility, was brought to Graefenberg in a carriage, built on purpose, so that the sofa might be taken in and out. She told me, that for ten years she had not had the use of her legs: in two months, at Graefenberg, she was walking about; though to eradicate the cause of her complaint, Mr. Priessnitz said she must stay twelve months. Not being a medical man, I do not know what disease this lady was labouring under.

15. A man, from a violent cold, lost the use of his limbs; he came here on crutches: in six weeks he was walking as well as other people.

A Polish countess, from gout, and a complication of diseases, had lost the use of her feet and hands: she was so bad that Mr. Priessnitz refused her until she declared that she would not return home, rather preferring to die at Freiwaldau. Mr. Priessnitz, with his usual good nature, said he would try for some time; at the end of six weeks, he constantly asked if she had no pains in the back: at length they arrived, and a large boil came in the back: when this broke, she, for the first time during eight years, was able to hold a pen, and wrote to her husband.

Any medical man who could have inquired into the different complaints of parties, might multiply cases almost *ad infinitum:* I merely give the above as coming within my own immediate observation, without having taken any means of collecting them.

CHAPTER XVI.

HYDROPATHIC METHOD OF CURING DISEASES,

As witnessed by Professor Mundé, at Graefenberg; confirmed by Dr. Bigel; and ascertained to be generally correct, by the author.

Gout and Rheumatism.

Gout has different names according to the parts it affects. Thus it is denominated chiragra, when it attacks the hands: podagra, when it occupies the feet; and gonagra, when it is established in the knees.

It is thought to be caused by subtle fugitive acrimony, which some suppose to be a composition of lime and phosphorus, others from the acid of urine, whose acrimony traverses, with the blood, all parts of the body, and occasions dreadful pain wherever it remains. These concretions are of a calcareous nature, as is seen by the sediment of the urine of those subject to gout, and the linen in which they perspire at Graefenberg, as they leave there traces of lime; besides which, the boils which often ensue are critical deposits, containing the arthritic matter.

The ancient physicians called gout the daughter of Bacchus and Venus. Truly persons devoted to these two divinities offer the greatest number of examples.

Since I followed the water cure, I look upon medical treatment for gout as an act of insanity. Medicine is of no use in this disease, for, although it may bring some

momentary relief, it is essentially hurtful, since these remedies almost always produce forced evacuations, derange the digestive organs, and favour the formation of a greater quantity of bad juices. I declare, with a perfect knowledge of cause, and a deep conviction founded upon numerable and notable facts, that the sudorific process, and cold water, are the only means of curing this disease.

Warm and vapour-baths, aided by medicinal remedies, can produce perspiration, but they are weakening, and few constitutions can bear them. The process of Cadet de Vaux may be remembered, who said that gouty people should drink forty-eight glasses of hot water daily. What did this produce? The drying up of the body by an immense loss of juices, the degradation of the most robust constitutions, and diseases much worse than gout itself.

Priessnitz's method of cure unites all the advantages of the cure by warm water, without its inconveniences; like the latter, it attacks and raises the vitiated juices, and expels them from the system with advantage; it fortifies the system in hardening it, and by re-establishing the digestive functions; whilst warm water ruins them completely. In fact, the cure of Graefenberg requires only constancy and perseverance, according to the standing of the disease.

Gouty subjects who could find no relief whatever in medicine, were those that Priessnitz cured the quickest, however violent the disease. I have heard him say that eight or ten weeks were sufficient to cure them radically; the reason of which undoubtedly is the good state of the digestive organs, unimpaired by medicine, and, consequently, a less quantity of vitiated juices.

Whatever may be the reason, it is very certain that the maintenance of the digestive organs in their normal state, is that which is most important to health. It is not with vomitifs and purgatifs, it is not with mercury, or mineral waters, of which they are so prodigal, that doctors preserve the integrity of the digestive organs; they know this, and shut their eyes to the evil consequences of this debilitating system.

The cure of gout requires the application of the whole treatment. It should be felt on the entire system before it is particularly applied to the parts afflicted. The first object to attain is by the sudorific process and baths to relieve that excessive irritability of the skin, which is the source of so much pain; adding to this, exercise in the open air. By degrees gouty subjects should leave off flannel next the skin, which they do in summer on the fifth day of the treatment, in winter a little later, and always without the slightest inconvenience. When the invalid is not too weak, he may go immediately to the douche, which he must let fall equally upon all parts of his body; but this must be used only for a few minutes; it is only when he is enabled to sustain it easily, that he should expose the suffering parts to it, to put the humours which are there established in motion.

The process of strong perspiration is of the greatest importance in cases of gout, particularly for those who have tried other remedies. Whilst enveloped in a woollen blanket, the patient ought to apply bandages or unseldags to the diseased parts, and to renew them according to the process indicated; few pass more than five or six weeks under the influence of this treat-

ment without having a crisis; I mean to say without the sufferer being charged with eruptions or boils.

At the appearance of the crisis, it is necessary for the douche to be moderated, in order not to augment the crisis; the process of perspiring ought to be mitigated, and the patient should remain a shorter period in the bath. It is often necessary to take only sitz-bath and foot-baths, particularly those subject to congestion of blood to the head, or when the gout is situated in that part. When the crisis is intense, it is sufficient to be wrapped in a wet sheet and use cold ablutions: on coming out of the sheet, it is better to avoid the use of the bath.

The treatment thus mitigated is continued, excepting where irritation approaches to danger, in which case it should be suspended, excepting the general fomentation, or bandages, which should be renewed day and night, and sitz-baths. These are sufficient to re-establish calm.

I should not forget to warn the gouty subjects, that they should, during the whole of the treatment, drink a great deal of cold water. This liquid, taken abundantly, attenuates the humours and favours perspiration; to which should be added as much exercise as can be taken, either by riding on horseback, or walking. Then sawing a block of wood, or, as a case of necessity, riding in a carriage must supply their place. But if obliged to stay at home, the quantity of cold water drank should not be lessened. Further, I knew an instance of gout in the head being cured by merely drinking water, and making ablutions of cold water, although the invalid was incapable of leaving his room.

There are a great many gouty people whose gout is

not merely local, but is manifest in the whole of the body. When it exists in the upper regions, foot-baths are persisted in, to draw it to the inferior extremities, not forgetting to bandage the diseased parts, in order to disturb and put it in movement; these baths should be taken once or twice a-day, for at least half-an-hour each time.

It is a common case to see gout affect the lower extremities; the feet are often the seat of the disease: cold foot-baths are a quick and powerful remedy. The water for the foot-bath should not be deeper than up to the ancles. The sister of a friend of mine, residing near Toplitz, suffered a long time pains in the foot and leg; she tried many remedies, besides the baths of Toplitz, without the slightest benefit; it even increased the disease to that degree that she could not walk. A violent paroxysm came on, during which she imagined the use of cold water might do her good: the first foot-bath that she took enabled her to walk; encouraged by this success she renewed it, and was in a few days completely rid of the complaint. I saw her two years after, and heard her say she had not the slightest remains of her disease.

When the gout is fixed in the hips, or any of the lower extremities, it is called sciatic gout. Sitz-baths being so efficacious, one should not be afraid on finding that they augment pain; this betokens a movement given to the arthritic humours. This is still more increased by applying the douche to the suffering parts; the humour at last descends to the feet, where it has been drawn by the foot-baths, which should be alternately taken with sitz-baths.

It is necessary to apply the douche strongly to the parts

affected by gout, and to continually apply wet bandages, as well as to rub it very hard when in the cold bath; also, if practicable, with the dry hand when wrapped up in the blanket to perspire. These frictions move and displace the morbid humours. The head is the only part which should not be subjected to the douche; it is sufficient to apply bandages to it, particularly on the temples, where the pain is most acutely felt, and to take daily foot and sitz-baths, in order to attract the humours to the lower extremities. In this case the sudorific process should be shortened.

We will now show the treatment of tic douloureux, which is itself a kind of gout; we have already said that the douche should not be applied on the head. The first thing is to water the whole of the body with cold water; if this is insufficient, a sitz-bath should be taken for two hours, a great deal of water drank, and from the sitz-bath immediately to the foot-bath. This treatment is often sufficient to put an end to the paroxysm; if, however, it does not cease, place a cold wet bandage round the head, and take exercise in a place where the temperature is cold. The pain got rid of, the patient should keep quiet for some days, and abstain from perspiration; during the days of relaxation, a sitz-bath must be taken one day, and a foot-bath the next, and wet bandages frequently renewed to the afflicted parts, not forgetting to drink plentifully of cold water; it is necessary to take exercise in the open air after each bath. This is the way I treated the dreadful nervous tic which had almost reduced me to despair, and at last triumphed. I must confess that I made a firm resolution to execute all the requisite operations during the advancement of the

disease. But what is not a man capable of undergoing, who wishes to live? Those who are attacked by the gout, should have immediate recourse to ablutions and sitz-baths: the paroxysm is thus always shortened, and sometimes stopped on its first appearance. This treatment is so far advantageous, that the day after, or even the same day, the patient can be exposed to the open air, without running the risk of a relapse. This is an advantage which belongs to no other treatment.

Between the paroxysms, persons afflicted with arthritic pains in the head, would do well to take head-baths, to put the gouty humour in movement, and disengage the head from it, which often happens in the shape of an abscess in the ear. Whatever pain these abscesses may cause, the head-baths, and cold fomentations or bandages on the part affected, should not be neglected. Their opening causes great relief; if they do not open, it is because the humour has been expulsed by perspiration.

Head-baths should only be employed when the treatment has already affected the whole system, in order to avoid too great a reaction in the superior organs. As to the pain caused by the formation of the abscess, which is determined by the head-bath, it differs essentially from that characterizing the tic nerveux; it has much less acuteness, although it troubles the sleep for some nights; it is more pungent than destroying, fatigues the teeth and temples, and is continually drawing towards the ear.

I shall not end this chapter on gout in the head without warning the invalid, that a strict observance of the regimen at Graefenberg is for him one of the most important duties: any working of the mind would be

prejudicial to the body, so shaken by the sudorific process; the exercise of the mind would contribute to the general state of irritation. I have already said this process should be mitigated; I shall add, that it were better to perspire every other day. But how, it will be exclaimed, support a life of such dressing and undressing? I answer by asking whether any other treatment is less tedious and more efficacious? There is one source from whence we may take courage; it is in the sentence pronounced by medical schools, who have declared gout an incurable disease.

All that I have said about gout and its treatment, equally applies to rheumatism, which bears such a great resemblance to it, that it is supposed to take the same origin, and often one is confounded with the other, therefore is the treatment the same; which consists in abundant perspiration, the douche, and bandages on the parts affected.

The reader will perhaps be interested to read the recital of some of the cures of gout which were performed at Graefenberg during my stay there.

A king's councillor had suffered for six years with the gout, which, after having affected different parts of the body, ended by settling in the feet, which were inflamed, and remarkably red. Foot-baths, in a hot decoction of plants, ordered by the faculty, so increased the pain, that the invalid, reduced to despair, had recourse to cold water; repeated cold foot-baths, after some days, caused the inflammation and redness to disappear. Astonished by the happy effect of cold water, he came to Graefenberg, where he submitted to the treatment. Being 65 years of age, he was obliged to proceed with great care, therefore he only perspired in

the wet sheet, and did not take the douche. The remainder of the treatment was not altered; at the end of two months he went away radically cured.

A clergyman arrived at Graefenberg, who had the gout in his hands and feet to such a degree, that he could not use them; fifteen days after he had commenced the treatment, boils appeared; this was a sign of the quick termination of the disease; but something important occurred to render it necessary for the invalid to return home after only six weeks' treatment; this was during the time of the crisis. He continued the cure at home, and in six weeks after his return home, was not only perfectly cured of the gout, but of an asthma, from which he had suffered a long time.

A little girl, seven years of age, suffered from the time she was one year old, with pains in the chest; after having tried medicine in vain, her parents took her to Graefenberg. Priessnitz immediately said it was rheumatism, and that he would undertake the cure: he ordered a cold wet bandage to be worn on the chest; fever was the result, and an increase of the pains. The child was wrapped in a wet sheet, which was changed several times during the day; each time that the sheet was changed, she was washed with tepid water; frightened by the fever, which continued during ten days, the parents then remembered that the doctor who had sent them to Graefenberg, said, if the treatment increases the disease, it must be discontinued immediately. They then resolved to take their child home directly. For this journey they were obliged to fetch a conveyance from some distance. During the two days they were gone, the crisis ended, and the child was so well, that, on its parents' return, they found it playing in the

fields. The treatment, persevered in for some weeks longer, perfectly re-established the little invalid's health.

A clergyman, on coming from a baptism at some distance from home, returned with a cold, and a stomach overcharged with food. The same day he was attacked by rheumatic pains in the back and arms, no doctors being able to cure him; this state lasted for a year. He then determined to go to Graefenberg, when, after having drunk, perspired, and bathed for three weeks, an eruption took place all over the body, which delivered him from pain. The continuation of the treatment cured the eruption, as well as a difficulty of breathing, which was complicated with his rheumatism.

Arthritic pains, after being endured for twenty-six years, forced a major of cavalry to leave the service: having tried the water cure at home, he found that it did him so much good, that he went to Graefenberg. He remained there fifteen months, when he was radically cured, and afterwards rejoined the army.

A doctor who had had sciatic gout for five years, in the left leg, which was very much swelled, and quite black, went to Graefenberg, where, after three months' treatment, such a number of boils came out, that he was no longer able to walk: after some time, these boils closed, and left the invalid in a perfect state of health.

Through a cold, taken on coming out of the theatre, a person was all at once deprived of the senses of smell and taste: and, after a treatment of four months at Graefenberg, was perfectly restored by an abscess in the head, which opened in one ear.

Some days after my arrival at Graefenberg, a case of deafness had been cured by a similar abscess in the ear: nine months were required to cure this obstinate dis-

cases. The invalid thus cured has, in gratefulness, written a work on the method of curing at Graefenberg.

Inflammatory Fever, Nervous Fever, &c.

Inflammatory fever, as well as all kinds of acute fever, are certain to be cured by the use of cold water, generally, through the medium of fomentations; viz., the wet sheet and sitz-baths, renewing the one and the other, according to the malignity of the disease. Some doctors have contested the possibility of curing the nervous typhus fever with cold water. I shall answer by referring them to the writings of doctors Curry, Reuss, Mylius, and Weigt, when they may be convinced of this truth. They will, perhaps, honour the testimony of the medical men alluded to, with some credence, as those professors of medical science have cured thousands by following up the cold water system in such cases. I shall illustrate the treatment by relating two cases of this disease, which I witnessed during my stay at Graefenberg.

Soon after my arrival there, I was attacked by a strong fever. I first took a foot-bath, then a sitz-bath, wherein I remained for an hour. A friend of mine, seeing the fever augment, and my face get quite red, was frightened, and ran to Priessnitz, who came to see me at nine o'clock at night; he immediately placed me in a wet sheet, which was renewed in half an hour. I remained in it for an hour, during which time I slept, as Priessnitz had predicted, after which I was washed with cold water, and again placed in the wet linen, where I soon began to perspire abundantly, and to feel much relieved: I there slept until three o'clock in the

morning, when I was again washed, and replaced in the wet sheet. I then began to perspire once more, until six o'clock, when, covered with perspiration, I was plunged into a cold water bath, where I remained but a few moments. I then went out to take a walk, and returned at eight o'clock to the breakfast table, exempt of all fever, heat, or even weakness.

I have often since seen this process employed on children attacked by strong fevers, and always with great success. It often happens that the fever is obstinate, and lasts longer than usual. The treatment should then be sustained until it has destroyed the cause of the disease.

The time which a nervous typhus fever lasts, and its pernicious consequences, are well known. What a difference is there between the results of drugs and water! Such are the miracles performed by Hydropsudopathy.

There is a case which did not occur to myself, but of which I was an eye-witness. A merchant was attacked by nervous fever and delirium. The illness began by a sensation of burning in the stomach, which soon caused sickness. He took a sitz-bath, which did him no good. As the head-ache and sickness augmented, he drank water until he vomited, which relieved him: nevertheless, in an hour, (ten o'clock at night,) the invalid became worse, and lost his senses. In this state he ran all over the house, with a light in his hand. From time to time his reason returned, and he was astonished to find himself thus; but the delirium soon came on again: thus he passed the whole night. It was only at nine o'clock the next morning that Priessnitz, hearing of the event, came to see him; he found him in bed, his eyes

staring, his mouth open, his tongue dry and burning and totally deprived of his senses. Priessnitz immediately ordered a sitz-bath, in which the patient remained for half-an-hour, and had him rubbed with cold water. After this, the invalid was placed in a wet sheet, which was renewed every ten minutes; in an hour he took another sitz-bath for half-an-hour, and was again placed in a wet sheet. He soon began to perspire, and gave evident signs of being relieved. These operations were continued until evening, when his reason returned. He slept all night; in the morning he was in a great state of perspiration but quite free from pain. At eight o'clock in the morning he asked for something to eat, and received bread and milk; and for dinner he had a soup made from meat, with barley in it. The remainder of the day was passed quietly; the second and third nights were passed nearly in the same way as the first. On the fourth day he tried to take a cold bath, but was seized with shooting pains in the head, he therefore took a tepid bath at the temperature of 61° Fahrenheit. This illness began on the 8th of September. On the 14th of the same month, the invalid was out to dinner, at which he partook of every thing he found upon the table. A few days after this he quitted Graefenberg perfectly cured. There had been a similar case at Graefenberg a few days before my arrival, the termination of which was equally fortunate. I was informed of this by some invalids who had preceded me. Priessnitz says, that this disease, taken in the commencement, is easily and quickly cured; later it requires more time. Nevertheless, whatever may have been its duration, cold water is always efficacious.

During the author's stay at Graefenberg, several other

most extraordinary cases of fever occurred. One man was kept in the half bath for nine hours and a half, two other individuals were put in between forty and fifty wet sheets in the course of twenty-four hours. We need hardly add that success attended all these operations; because we affirm that Mr. Priessnitz in cases of fever is never known to fail.

Intermitting Fever.

This disease appears every year in the fortress of Neustadt and Cassel, in the Prussian territories; the invalids come every year in great numbers to Priessnitz, who quickly cures them, by placing them, during the paroxysm of the fever, in a half bath, for long or short periods, during which time they are well rubbed with cold water. They use a sitz bath, and drink plentifully of cold water, until it causes them to vomit, or produces relaxation; and a cold wet bandage is placed upon the abdomen, which produces perspiration. This is all the treatment necessary for a disease which frequently resists quinine, the specific remedy, and all the other drugs and specifics which medical men employ against it.

Dropsy.

This is one of the diseases, when of long standing, that cannot be cured at Graefenberg. When in its infancy it is curable. The treatment consists in perspiration and cold wet bandages, applied to the parts afflicted.

Cancer.

I shall doubtless astonish my readers when I assert

that cold water is the most certain cure for cancer: this is nevertheless true. The treatment is the same as that of ulcers, with the exception of the employment of perspiration. For cancer, the invalid should perspire for a longer period every day. One remarkable case which I witnessed at Graefenberg was that of an invalid who had formerly suffered from a chancre in the mouth, which was cured, but the disease not eradicated. Some years after, an abscess formed on the left instep. After nine months of medical treatment, the doctors found that they could not prevent the disease entering the bone. It at length became so serious, that no other resource was left but amputation. This the invalid refused to submit to, saying he would go to Graefenberg. The doctors endeavoured to dissuade him, but he persisted in his resolution, which, however, he only carried into execution after remaining nine months in the hospital, where he became a skeleton, and so weak that he could not walk a step. Three weeks after his arrival at Graefenberg, he could walk with the assistance of a stick; the ulcer alluded to cured!! Another appeared on the right foot, which kept the invalid confined to his room six weeks. At length the cure was effected, and the ulcers disappeared altogether. One would scarcely believe that a patient, who was reduced to skin and bone, should, during this treatment, become so stout, that his clothes would not fit him, notwithstanding his having perspired for some hours every day: yet such was the fact. There is nothing to fear in the cold water treatment; for although a quantity of the juices are lost by perspiration, they are more than replaced. By means of the enormous appetite possessed by all the invalids at Graefenberg, they not only gain that which they have

lost, but acquire new strength. This is not the case with any other method of perspiration.

On the arrival of the invalid last alluded to, Priessnitz praised him for having refused to submit to amputation, which could not have cured him, the cause of his disease being syphilis. This case required altogether nine months to cure. This is certainly a long time; but previous to that, the invalid had passed the same time in an hospital, where, after being tortured by drugs, hot rooms, &c. his misery was rendered complete by the doctors declaring, that nothing remained but amputation.

A lady had a cancer in the breast: the disease continued to increase, in spite of all the remedies, internal and external, applied; at last amputation was proposed, to which the invalid agreed. On seeing the instruments, she fainted; the operation was postponed till the following day; in the interim, some one spoke of Graefenberg, where she determined to go. After following the treatment there for six weeks, the breast became so much better, that she returned home, where Priessnitz advised her to continue the cure, which was soon crowned with complete success.

Cholera.

The treatment of this complaint depends much upon the constitution of the patient, and of the nature of the attack. The temperature of the water ought to be higher when the constitution is weak, and the sweating less. When the invalid is deprived of sense, the treatment should commence with cold clysters; the patient attacked with vomiting and stools, *alvines douloureuses*, should be placed in a sitz-bath of the temperature of

62 degrees. If, at the same time, he has headache, a cold fomentation should be applied, some one should continually rub the stomach and the abdomen, whilst another rubs the back, the arms and legs, with the hand, which should be often dipped in cold water, and this rubbing should be continued until the natural heat is established in the skin. The patient must drink large quantities of cold water, this puts an end to the vomiting or looseness. It produces both in the case of an invalid, who is not attacked by it, and by continuing it, it causes the evacuations to cease. There is no other disease wherein it is so necessary to drink abundantly of cold water. I witnessed a case of cholera where the patient drank thirty glasses of water in one hour. Priessnitz effected a cure in three days.

When the symptoms are abated, the patient should be placed in bed, and there rubbed continually with a dry hand, until the heat returns in the body, which should then be made to sweat well. When the perspiration appears, the invalid may be considered cured. On the re-appearance of symptoms, the same process must be resorted to. When perspiration takes place, the windows should be thrown open for any time the patient pleases; he then ought to be placed in the bath, and afterwards, if strong enough, should take exercise in the open air, and not omit to wear a bandage on the stomach continually. The use of cold water internally, is indispensable during the sudorific process, and it should also be continued afterwards.

In case the invalid be exceedingly weak, he should be kept in the most perfect repose, which tends very much to the re-establishment of exhausted strength. But if the invalid's constitution be robust, the water he uses

should be quite cold, and he may fearlessly be made to perspire abundantly. The disease should be treated with the same energy when it arrives at its climax. In the first attacks of this disease, the treatment is followed by such success in so short a period, that it astonishes; but it has not the same effect when the disease has been neglected in the beginning; however, with patience and perseverance, it is even then sure of success.

I shall finish this chapter by the following remarks, which I recommend to the reader's attention:—Although water was intended to be drunk, it should also be used in baths and ablutions; the fresher it is the better. Should it be necessary to raise the temperature of the water, a little hot water can be mixed with it. The cure of cholera can only be effected by re-producing perspiration; this great function cannot be animated but by rendering that energy to the organs of the skin which it had lost, and which is only gained by the irritation caused by cold water.

Water should be kept at an equal temperature to sustain this salutary irritation; care should also be taken to renew the water in the bath when it becomes heated.

When the invalid is placed in the bath, the water should just reach the navel; to obtain this height, the extremity of the bath should be raised the opposite to where the patient is seated. The thighs and legs being out of water, should be energetically rubbed to bring back the heat.

It will easily be understood, if the water of the bath were too cold it would be dangerous; if reaction did not take place death might ensue. The temperature

of the water should, therefore, be proportioned to the remaining strength of the invalid.

The fomentation should be of a heating nature.

The ablutions should not be made longer than necessary to refresh the heated parts, as they are employed after the sudorific process; that is to say, for three or four minutes.

If the lower extremities are attacked by cramps, they should be placed in water, and well rubbed until the cramp ceases.

For violent pains in the stomach, cramps in the intestines of the bowels and frequent stools, *evacuations ad nisus*, alternate clysters and sitz-baths should be used.

Any one attacked by cholera should eat little, take no milk, and drink water abundantly.

The cold water treatment should be continued for a long time, as well to evacuate the injurious humours which might remain in the body, as to restore strength.

Priessnitz, in his establishment, has successively treated seventeen cases of cholera, and has cured them all in a few days. I did not myself witness these facts, they were related to me, but the following case took place during my stay at Graefenberg.

The inspector of a large village belonging to the crown arrived at Graefenberg: he had been ill for six weeks, but being of a robust constitution, he had during that time resisted all symptoms of cholera excepting sickness. He was much astonished at being ordered to drink milk, and eat bread and butter, which he did at Priessnitz's, as he placed entire reliance in him. After this repast, he returned to his room, where he found a sitz-bath at the temperature of about 55 degrees Fahrenheit, already awaiting him. He was still more asto-

nished, when, after some minutes a discharge of wind greatly relieved the pains of the stomach. On leaving the bath, he went to bed, prior to which a heating bandage was placed on the stomach, and he slept until the following day. This was the first time of sleeping since the commencement of the disease. He was completely cured, and returned home quite well. To dissipate all doubts which might be raised on the nature of this disease, I shall add the recital of the invalid on his arrival at Graefenberg. "The cholera," said he, "ravaged the village which I inhabited. The inhabitants were terrified, and refused to assist the sick; they had also suspended all labour, expecting to die. Thinking it was my duty to set them an example, I visited all the sick, and touched those who were timid, to give them courage. This conduct produced the effect I had expected, but it gave me the cholera, for which I was immediately treated by a doctor of the village, but without finding any relief; from thence to Vienna, without any better success. Graefenberg was my last resource: I went, and there regained my health."

Dysentery.

Colds, and the abuse of unripe fruit, are the principal causes of this disease. It is composed of frequent evacuations of bloody glaires, accompanied with violent pains of the stomach, a burning at the anus, and spasms of the bladder; in other words, a constant desire to evacuate, without being able to render anything but glaires.

The treatment is the same as that of diarrhœa.

Obstructions of Articulations.

I witnessed three of these cases whilst at Graefenberg. The first patient was a young man seventeen years of age, who was soon cured. The two others, one twenty-five, the other twenty-eight years of age, remained at Graefenberg from nine months to a year. All three owed their disease to a fall on the knee, which was the only part affected. Neither of them could walk without a stick. They finished the cure at home.

The treatment of this disease consists exclusively of a bath for the diseased part for two hours, and the douche, which should be taken twice a day. During the bath, the leg should at times be well rubbed.

When the disease is of long standing, it is necessary to add to these two means the sudorific process. It is seldom that the cure ends without boils or abscesses breaking out on the diseased parts. The douche should then be left off, and only recommenced when they have healed. Then the diseased part should be douched for twenty or thirty minutes: as this operation would be too long for the body, the latter must be well covered and protected from the splashing of the water.

Chilblains.

Priessnitz applies heating fomentations, or bandages, to the affected parts, which soon cure them, if the complaints are recent. If they are of long standing, the invalid should perspire. It is rightly supposed that in the humours of the person there must be some vitiated juices, which are discharged by the diseased parts. This process accords with the general custom known of covering a frozen limb with snow until heat is re-established.

Habitual coldness of the Feet.

This is remedied by taking cold foot-baths twice a day for from fifteen to twenty-five minutes, and binding them at night in a heating bandage. A great deal of exercise should also be taken. Thus the distribution of blood returns to uniformity, and each part of the body receives its share.

Fœtid perspiration of the Feet.

This is generally relieved by foot-baths, and wearing a heating fomentation or bandage on them at night; but it is not cured without the sudorific process to purify the blood.

Inflammation of the Chest.

This disease is caused by a congestion of blood to the lungs, soon followed by an universal want of circulation.

In this kind of disease, the first thing to be done is to refresh the blood, which is in some degree boiling, and to dissolve the obstruction and stagnation of this fluid in the affected parts. To obtain this, cold water should not be applied immediately to the parts affected. The impression of cold, adding to the already too great compression of the vessels, would increase the inflammation. The entire bath would also be hurtful, in sending the humours from the surface to the centre, and thereby overcharge the diseased member with a still greater quantity of blood.

Sitz-baths are the most certain means of allaying the inflammation, by the property which they have of refreshing the blood, and causing a strong reaction in the

lower extremities, which are far removed from the diseased parts, a reaction which takes the blood away from the afflicted organ. This operation should be effected in the following manner.

The temperature of the water for the sitz-bath should be 60° Fahrenheit, and be renewed every half-hour, until the invalid feels feverish. This fever being provoked by the water, the symptoms of which usually are trembling of the limbs, chattering of the teeth, &c., the repulsive action of the sitz-bath should be seconded by the application of wet cold bandages on the chest, which should be thoroughly covered with these wet bandages, but not re-covered with dry ones. The bandages ought to be renewed from time to time. Care should be taken to cover the other parts of the body well, in order to give free circulation to the blood. It is also requisite to rub the extremities with cold water, whilst the invalid is in the bath. The hands only should be used in this operation, taking care to keep them damp. Directly you perceive that the hands and feet of the patient are warm, you may conclude that the mass of blood is refreshed, and the circulation become healthy; the invalid should then be placed in bed, wrapped in a wet sheet, the property of which is to cause an irritation, in order to promote a still stronger circulation, not forgetting, whilst the invalid is in bed, to cover the chest with a cold wet bandage, so that that part of the body may be strengthened.

When the disease is obstinate, it is sometimes necessary to renew the wet sheet and sitz-bath. Each time they are renewed the patient must be washed in water with the chill off. During the whole of the treat-

ment, cold water should be frequently drank, but only in small quantities at a time.

The advantages of this proceeding, which must be evident to all, are confirmed by the success which always attends the treatment of cases of this disease, which Priessnitz undertakes. These cures are always effected in a few days. Thus a remedy is found for a disease which has baffled all medical science.

Scrofula, Rickets.

These two diseases are also curable by Hydropathy. However, when rickettiness has entered into the whole development of the body, nothing can be done by water for the distortion of the limbs. The douche is the principal instrument in this cure, with the aid of the sudorific process, energetically employed. Wrapping up in a wet sheet is highly desirable. The cold-bath should be taken twice daily; the articulations, and the glands if swollen, should be well rubbed, and bandages constantly employed. The glands of the throat and nose require frequent garglings, and sniffing water up the nose.

It has always been recommended to ricketty people, to bathe in rivers under the current of the water; as, for instance, under the waterfall of a mill. This somewhat resembles the cure at Graefenberg.

Scarlatina, Measles, Smallpox.

The fever which generally accompanies these diseases constitutes their whole danger. Directly it is observed, the patient should be wrapped up in a wet sheet, there to remain day and night. If the fever is virulent, the

sheet should be renewed when it becomes warm. When the invalid perspires, the entire body should be washed with water at the temperature of 61° Fahrenheit, that is, not quite cold, and yet not tepid. This is a certain means of moderating fever, and the heat which accompanies it. In this way, particularly with adults, the prejudicial results of these diseases, so common in any other mode of treatment, are prevented.

It is not advisable to bathe the whole body with cold water: strong constitutions could bear it, but it is to be feared that reaction would not follow in weak persons; if so, death would be inevitable. Fever is, as I have already said, the only danger to be feared in these diseases. It is its violence which closes the pores, and prevents the breaking out of the eruptive matter. The way to moderate it, and facilitate the eruption, is as already described, the efficacy of which is daily sanctioned by experience.

Mr. Mondé, in alluding to these maladies, says, "I will now mention three cures which, without medicine, and with nothing but cold water, I performed in my own family. The first is a case of measles in an adult; the two others are of scarlatina in my two young children.

"My servant, 20 years of age, caught the measles. As she refused all remedies, I proposed to her, in order to quiet the fever, which was very strong, that she should be wrapped up in a wet sheet; having agreed to this, she soon began to perspire profusely: this determined me to leave her there for seven or eight hours; she was then washed with water at the temperature of 61° Fahrenheit. This first perspiration was followed by an abundant eruption of red spots, which covered the

whole body. I repeated the same process the next day, when the fever completely ceased. The parents having learned how I was healing their daughter, immediately came to take her home, fearing that such a treatment might be attended with dangerous consequences. In twelve days the invalid came back to her service, assuring me that, whilst at home, she had taken no other remedy than cold water.

"Two of my children, one eight years old, the other five, were attacked with scarlatina; the eldest first. He was wrapped up in a wet sheet, whilst my other children, as yet unattacked, were repeatedly immersed in cold water. In three days, the one five years of age became ill; no doubt because he had previously taken the infection. The others did not take it at all. The second little invalid kept his gaiety and appetite, and was not wrapped up in a wet sheet, but only washed all over, morning and evening. The fever with both was very moderate. All was going on according to my wishes, when my wife became so alarmed as to suspend the treatment for four days. The consequence was, that the fever soon redoubled its intensity, and the children were in such pain that they could not move. It was so violent at the back of the eldest's head, that inflammation of the brain was to be feared. By my wife's desire, who now saw the folly of her fears, I again began my treatment. This time I gave the invalid a sitz-bath, after which he was enveloped in a wet sheet, which I renewed every half hour. He soon went to sleep: this sleep lasted two hours, and gave proof of the efficacy of my proceedings, and courage to myself to go on with sitz-baths and general fomentations. The regular order of the system being re-established, I re-

placed the invalid in his dry bed, where he slept for several hours. In two days all danger disappeared. On the tenth day of the disease, a total scaling of the skin came on. The invalid, excepting a little weakness, was perfectly cured. The illness of the youngest was so simple that he only required ablutions. He kept his brother company during the whole of his illness. Three weeks after the commencement of this eruption, I took them out walking in cold weather, without the walk being followed by any bad consequences. I however must add, that two days previous to exposing the new, fine, and delicate skin to the fresh air, they were bathed, morning and evening, in cold water."

Erysipelas.

This disease is often produced by an effort of nature to deliver itself of a dangerous humour by the skin. Outward impressions, also, sometimes cause it.

This complaint, which is only the reflection of an interior disease, should not be immediately subjected to cold ablutions, as that would repel the eruption which brings vitiated juices to the surface. In the ordinary treatment none but dry applications are resorted to, which are inefficacious.

At Graefenberg the use of cold water for the treatment of this disease has never been known to have unfortunate results. It is true it is not merely outwardly treated, as the entire body is subjected to the cure. The invalid should perspire in a wet sheet, drink a great deal of water, and apply heating bandages to the diseased parts. This treatment, which excludes all cold water ablutions, is always successful.

Hooping Cough, and other diseases and indispositions in Infancy and Childhood.

I believe I have already said that agitation, extreme heat, and feverish irritation in children, are remedied by the general fomentation of the wet sheet. The special irritation of the hooping cough is not so quickly cured by these means, but nevertheless it is much relieved. Care must be taken that the water drank at first is tepid; afterwards it should remain half-an-hour in the patient's room, well covered up, when it may be drank.

Inflammation of the Brain.

This disease, which is as rare with adults, as it is common in infancy, either proceeds from internal causes, or from exterior injury. Its treatment only differs from that of inflammation of the chest, inasmuch as the cold fomentations on the head should be frequently renewed, as well as the wet sheet in which the invalid is wrapped. It is sometimes necessary to renew them every ten minutes. If the disease appears to get worse, the sitz-bath should be taken alternately with the wet sheet.

I shall now relate a miraculous cure which was performed by this process in the little town of Freiwaldau. A labourer fell from a height, and having fractured his skull, inflammation of the brain ensued, and the invalid was entirely given up by the doctor of the place. Priessnitz visited him, and the next day he came to his senses, and, after some time, was perfectly cured.

Ophthalmia, or Inflammation of the Eyes.

Inflammation of the eyes is generally catarrhal or rheumatic, and requires the same treatment as rheumatism and gout. I never saw it acute, but always chronic.

To the rheumatic treatment, Priessnitz adds eye-baths, and the douche. The latter must be received in the joined hands; from which, water coming from a height will rebound as high as the eyes. Head-baths are equally indispensable, as well as fomentations, to these organs. Chronic ophthalmia is, of all the diseases curable at Graefenberg, the most obstinate, and that which requires the longest treatment.

A captain thus attacked, felt, after several head-baths which he continued for three quarters of an hour, a pungent pain in the head, accompanied by swelling of the ears. An abscess was expected in one of these organs, when the pain gave way to a virulent deposit, formed in the thick part of the cheek; after this, the eyes were re-established.

Another sufferer came to Graefenberg with an exfoliation in the corner of the eye. To the whole of the treatment, Priessnitz added eye-baths; after each of which, the invalid was to look fixedly at the light, and immediately re-plunge the eyes into cold water. This man, who was perfectly blind on coming, was, on leaving Graefenberg, able to read with spectacles.

A third patient presented a very remarkable case of blindness, the results of a cold, caught during hunting, by which he lost his sight. He had been nine months blind, when he arrived at Graefenberg; after each process of perspiration, which he submitted to twice a day, the bath and the head-bath, matter, mixed with blood,

came from the eyes. One might say that some pounds exuded from the eyes in the course of three weeks. I did not see the termination of this cure, before leaving Graefenberg; but I can affirm, that the last time I spoke to the invalid, he could distinguish colours, and also objects at certain distances.

Pain in the Eyes, and Weakness in these organs.

Both these diseases give way to baths applied to the back of the head, aided by a bandage placed over the eyes, to be worn day and night; to eye-baths, foot and sitz-baths, &c. This treatment generally meets with success. The bandages are requisite to remove the excessive heat from the part attacked. Mr. Priessnitz has many ways of treating the eyes, which depend upon circumstances.

Itch, and Ringworm.

These diseases are more easily cured by cold water, than by any other means. The process of perspiration in the wet sheet, leads to success; but ringworm is frequently more difficult to cure than the itch. It requires longer time, and a more energetic use of cold water. The douche is also indispensable in cases of ringworm, in order to bring the morbid humours to the skin. The most difficult ringworms to cure, are those which have been driven in by bad treatment. This disease is really equal to the gout, in point of obstinacy, for it reappears upon the skin after having used the douche a long time. After the process of perspiration, and cold baths too, it again shows itself under forms much more serious in their aspect, than in the beginning. We should here warn the sufferers from ringworm, that the diet

prescribed at Graefenberg must be observed in all rigour. Three men, attacked with this disease, arrived at Graefenberg at the same time as myself; the first of these, after several years' trial of the principal mineral waters, recommended in this disease, which he had employed without success. Having followed the treatment with energy for two months, he returned home resolved to continue the treatment mildly all through the winter; after which, he was to come again to Graefenberg, to finish the cure. At the time of his departure, he was more than half cured. The two others remained at Graefenberg, one for eight months, the other six, both leaving it radically cured. The treatment of one of these was attended by an acidity rising in the throat, and by the vomiting of matter containing chalky substances. The acidity of the throat was such, that it caused the tongue to be ulcerated.

Both, after following the treatment some weeks, saw their ringworms reappear with greater malignity and more abundant suppuration, attended by the formation of a great number of boils. Following these two cures with great attention, I was not surprised that Priessnitz insisted upon the use of the strong douches, which he directed to be applied to the hips of one of these invalids; he wished a ringworm to appear that had been there formerly. After a time, it again shewed itself, spreading as far as the knee, and looking very bad. It is but a few days since I received letters informing me that both the ringworms were radically cured.

MERCURIAL DISEASES.

Diseases arising from the use of mercury are those

which completely confound medical men. However extensive the ravages made by this poisonous drug in the system may be, the invalid has every thing to hope from Hydropathy, as no method known can be put in competition with it as an antagonist to mercury. This is a fact admitted by all doctors who have witnessed its effects.

ULCERS.

These require no other treatment than the bandages, and the sweating process, they being the principal instruments in their cure. The more ancient the disease, the more necessity is there for perspiration; ulcers cicatrize of themselves, when the mass of blood is purged of heterogeneous humours. We must not be surprised at seeing them enlarge under the influence of the bandages; if, however, this aggravation proceed too far, the bandages must be dry, and the wounds must be bathed afterwards in lukewarm water.

Syphilis.

At Graefenberg, by means of the sudorific process, Priessnitz cures syphilis in the surest and safest manner possible. I have seen it in all forms, treated and cured with more or less promptitude, according to the virulence, complication, and long standing of the disease. Previous to commencing a cure of the disease, it is necessary to counteract the effects of mercury, which most patients have taken. What shall we say to the cures which medicine affects to have performed, when, at Graefenberg, we see, in almost all the cases where

invalids had supposed themselves cured years before, a return of the same symptoms in the same part? This phenomenon naturally destroys our confidence in mercurial treatment. Many persons will doubt the possibility of curing this destructive complaint by simple water, and insist upon it that mercury alone is able to contend effectually with it. May we not ask, if the cures effected by the latter agent were radical, how it is that, after many years, the disease should reappear? From this fact we conclude that mercury has the property of enveloping the syphilic virus, rather than expelling it from the system. That mercury may remain concealed a long time, we have daily evidence in the salivation which the water cure so often provokes at Graefenberg.

Is it not rational to think that, in the majority of pretended cures, the disease is only the more firmly fixed in the system, by this metal? Its escaping afterwards from the system, by means which we cannot always account for, leaves its prisoner at liberty, when the mercury again shews itself in the primitive forms that signalized its introduction. Whatever may be the nature of the disease, whether gonorrhœa, ulcers, chancres, buboes, &c., at Graefenberg the treatment is the same; and that is, sweating, bathing, douching, fomenting bandages, and drinking water. Gonorrhœa, with a discharge, requires the constant application of a cold fomenting bandage round the part, and injection of cold water many times a day; to this must be added the sits-bath for an hour or two, repeated twice a day. Great attention should be paid to diet. All aliments ought to be cold.

As we have not space to cite one-twentieth part of, not partial but radical, cures of this disease, performed during our stay at Graefenberg, we shall proceed.

The Gripes, Catarrh, and Cold in the Head.

To be quickly rid of these complaints, it is sufficient to perspire in a wet sheet, and then to wash the body with water of the temperature of 61 degrees of Fahrenheit, to assist perspiration. Much cold water should be drank whilst in bed. The gripes sometimes produce great heat in the head; this is appeased by means of sitz-baths, and cold wet bandages upon the head. During my own treatment, and the time I was studying the water cure at Graefenberg, I frequently gave advice to persons attacked with these complaints; all those who followed it, avoiding physic, and living according to the diet prescribed, have applauded this method of treatment, and the promptness of the cure. For wind, and internal pains in general, take a sitz-bath, not quite cold, but more so than tepid, for an hour, twice a day, rubbing the abdomen well all the time; to this add cold clysters once or twice a day, and wear a heating bandage round the waist.

Common Sore Throat, Stiff Neck, or Cough.

Gargle well and often with cold water, rub the throat and chest several times a day with the hand dipped in cold water; wear a heating bandage round the neck and on the chest at night. Foot-baths and perspiration must be resorted to in obstinate cases.

Quinzy and Inflammation of the Throat.

Priessnitz orders fomentations or bandages of very cold water round the throat; garglings of cold water, foot-baths, and much perspiration. A person who had previously been cured of the quinzy by mercury, had a second attack of this disease: the above treatment cured her. When to the disease, strong feverish irritation is added, the invalid should be placed in the wet sheet.

Pain at the Chest.

When it is rheumatism its treatment does not differ from that of gout, which has been previously described; rub the part well with a wet hand, and wear a large bandage or fomentation from the neck to the stomach at night.

Sore Eyes.

Place the back part of the head in cold water three times a day, ten minutes each time; then use an eye-bath for five minutes, twice a day. After the eyes are closed in the water for about a minute, they should be opened for the other four minutes. At night a heating bandage should be placed at the back of the neck: this and the head-bath have the effect of drawing all inflammation from the front. In most cases foot-baths twice a day are highly beneficial.

Wounds.

Keep the wounded part in tepid water until it ceases bleeding, then put on a heating bandage; when this becomes warm put another larger one over it, so that

it may extend far beyond the part afflicted. If the foot is wounded, let it remain in the water for an hour twice a day, to draw out the inflammation; then apply the bandage night and day, but continue it up to or above the knee, in order to extend the circulation.

Nose Cold.

These colds are considered healthy, as relieving the system of some of the bad humours. To cure it, sniff cold water up the nostrils often, and wear a heating bandage on the forehead at night.

Burns.

Apply constantly to the part cold wet cloths, without a dry one over them.

Deafness.

Rub the body all over twice a day with a cold wet cloth; wear a heating bandage over the ears at night, and drink plentifully of water: this process will very often relieve deafness; but in obstinate cases, the whole treatment must be resorted to.

Ear-ache.

This disease requires the same treatment as inflammation of the eyes; that is to say, the ears must be bandaged, and linen well wetted with cold water should be introduced into the ear; and a similar bandage worn round the head: in case of obstinacy in the disease, the process of perspiring, and the cold water, are indispensable.

Tooth-ache.

There is nothing more simple, and at the same time more efficacious, than Priessnitz's treatment for tooth-ache: two basins are filled with water, one of which is cold, the other tepid; the mouth should be filled with the tepid water and held in the mouth till it begins to be warm, then change it; during this, the hands should be dipped constantly in cold water, and with them violently rub the whole of the face, cheeks, and behind the ears; this operation should be continued till the pain ceases. It is also good to rub the gums even until they bleed. I never saw tooth-ache resist this treatment at Graefenberg: sometimes it is necessary to add cold foot-baths, the water not higher than the ankles.

Sprains or Stiffness of the Joints.

If a sprain injures, or any nail runs into the foot, apply foot-baths (tepid) thrice a day for half-an-hour or more each time. The sprain should be well rubbed. The water in the bath must come up a little above the part affected; a cold bandage should be worn day and night. If the wrist is sprained or the hand wounded, elbow-baths should be resorted to, and the arm bandaged up to the shoulder: these bandages should always extend far beyond the part affected.

Fractures.

Either before or after the reduction of the fracture, there is no better means of keeping down inflammation than cold water. A cold wet bandage should be applied to the part; this should remain an hour, and then a

larger bandage must be applied to carry the inflammation away from the part. For instance, if the leg be wounded, the bandage should be carried up the whole thigh.

Piles.

It is well known that piles are caused by an accumulation of blood in the vessels which water the large intestine. These are closed or open, which means that they either let out blood, or are dry and confined to the swelling of the veins; there is also a third sort, which discharges slimy humours.

This is not a local disease. It is the visible part of a diseased state of the whole system, which is expressed by a congestion of blood to the vessels of the abdomen.

Its cure requires the most strict regimen, particularly abstinence from spices, spirituous liquors, and indigestible food. The treatment at Graefenberg, eminently cleansing and strengthening, is a radical cure for them.

When the disease is taken at its commencement, it will give way to an easy regimen, the drinking of a great deal of cold water, fomentations on the abdomen, short sitz-baths, and a moderate sudorific process. But if the piles are already formed and running, the treatment must be more severe and of longer duration. Frequent sitz-baths, entire baths, and the douche, end by curing them. The sudorific process is indispensable to expel the prejudicial humours, which are at once the cause and effect of the disease. The use of cold water externally, without the rest of the process, would probably, by leaving the vitiated juices in the

system, transform the disease into another still more serious.

At Graefenberg, I have seen blind piles open and disappear by degrees, leaving the body in a perfectly healthy state. I appeal to the testimony of all those troubled with piles, of what use are medicinal remedies? a little relief, and never a cure. Doctors themselves are forced to admit this. Several of them, aware of what is going on at Graefenberg, recommend, and use themselves, the cold water cure for this disease.

Stitches in the Side.

The treatment is the same as for the foregoing disease, when the pleurisy is slight; foot-baths and fomentations, on the affected parts, are sufficient to cure it.

Dyspepsia, Indigestion, Constipation, &c.

Costiveness is a prevalent inconvenience, and often becomes a disease. The causes are various; the principal are, a sedentary life; the bending of the body during sitting; the hardening of the liver, the weakness or atony of the intestinal canal: we must also add, the habit of drinking too little water. To cure it, it is necessary to take exercise, to drink a great deal of cold water, to wear a wet linen bandage on the abdomen, and two or three clysters daily, one immediately following the other, should it be requisite. Cold food should be taken, instead of warm; fruit should be plentifully eaten; and care should be taken not to eat any thing greasy or heavy. When costiveness has continued for several years, add to this regimen, sitz-baths and foot-baths; douches, directed on the abdomen, correct the weakness of this part.

Inflammation of the Abdomen.

The invalid attacked with an inflammation of the abdomen, should immediately take a shallow sitz-bath, where he will remain more or less time, according to the state of the disease; the water of this bath should be tepid, or about 62° Fahrenheit. On leaving the bath, he should be enveloped in a wet sheet, after having a cold bandage placed on the stomach: both should be renewed about twelve times in a day. Each time the bath is changed, the invalid is washed all over with cold water. In the mean time, the invalid often drinks cold water, in small quantities. If weak persons, women, or children, are thus treated, the water used for baths and washing should not be quite cold.

Weakness of the Nerves.

This disease is rarely relieved by physic, whilst at Graefenberg it is cured with certitude and promptness, whatever may be the cause. A lieutenant had his nerves in so great a state of irritation, that the least noise, the barking of a dog, the firing off a pistol, would cause such a head-ache that he would faint. To relieve this, he had accustomed himself to warm foot-baths. Tired of suffering, he came to Graefenberg, perspired a little, took every day two cold baths, besides head-baths and sitz-baths, as revulsive measures. This treatment was limited to three weeks, after which he continued his journey. He intended following up the cure at home: Priessnitz approved of his resolution, and advised him to walk a great deal; to ascend the hills, to ride often on horseback, in order to fortify himself, also to be enabled to bear fatigue.

Another invalid came to Graefenberg with trembling in the upper part of the body, brought on by the excessive use of spirituous liquors. He returned home, radically cured, after two months' treatment; the change from wine to water was not followed by any accident.

Hypochondria and Hysterics.

A disarrangement of the nervous system, joined to the inaction of the functions of the abdomen, cause the invalid much uneasiness and discontent. These are the characteristics of this complaint. To cure which completely, it is necessary to follow the treatment at Graefenberg. This disease being moral as well as physical, requires pure air, fine scenery, and society, a complete change in the manner of living, all of which exert a great influence upon the mind of the invalid. Whoever has lived with hypochondriacs, must have remarked the irregularity of their appetite: one day they will eat too much; the next not at all. The first advice given by Priessnitz is to drink plentifully of cold water during meals, in order to leave less space for food!

Hypochondriacs quit Graefenberg contented with themselves: the only cases that have failed were those who left too soon.

Head-ache.

Head-aches are almost always cured by foot-baths and head-baths of fifteen minutes each. First, the back of the head, and then the sides, the first for ten minutes, the latter five minutes each, should be placed in the bath, then the head should be bound up in a cold wet linen bandage not covered by a dry one: much water should be drank to relieve the stomach, and exercise in the open

air. Should the head-aches return it will be necessary to perspire and use cold ablutions.

For perspiration, the preference should be given to the wet sheet, as it calms pain. I have seen at Graefenberg and elsewhere, violent head-aches which had continued throughout the day, cured by a cold foot-bath of one hour, aided by abundant potions of cold water.

Tic Douloureux

Is one of those diseases given up by the doctor, as well as the invalid. Scientific men say it is caused by a disarrangement of the nervous system, whence results an increase of sensitiveness and irritability; some however think it is in the humours, which contain an acrimony capable of irritating the nerves, and producing those dreadful pains which characterize this disease; both opinions appear to have some foundation.

I nevertheless hold the first opinion to be the most reasonable, inasmuch as it is the beginning of the disease to which the humours join their acrimony. There is, however, a Tic Douloureux purely nervous. On this the cold water cure is as inefficient as every other; but that arising from the humours is cured at Graefenberg. I speak with a perfect knowledge of this disease, having suffered for three years, and having made observations upon several who suffered from this complaint: eight months' treatment, perseveringly followed, cured me, after trying all the remedies of physic in vain.

Bleeding at the Nose.

To stop bleeding of the nose, the throat and nape of the neck should be washed with cold water, and a cold

wet linen bandage applied to the stomach; cold foot-baths should also be taken; if necessary, take a sitz-bath, and wash the body with cold water. It is also frequently stopped by placing a wet cold bandage upon the genitals.

Weakness of the Digestion, and debility of the Stomach.

These diseases arise from intemperance in eating and drinking. The abuse of beer in Germany undermines the health of many young people for life; then comes the irregularity in the hours of meals, the hot eatables and drinkables, artificial food seasoned with spices, the abuse of tobacco, above all, smoking after eating, and drinking beer plentifully whilst at dinner. To all of these causes we must add the abuse of drugs, particularly mercury, the diseases of the skin imperfectly cured, and more especially the want of ablutions, and drinking of cold water.

The first means to be adopted towards curing a deranged stomach is to avoid the causes which are here enumerated. Substitute sobriety for intemperance, the simplicity of nature for artificial food; neither take too much nor too little at fixed hours, preferring cold to hot, avoiding spirits of all kinds, also tea and coffee; breakfast and sup upon cold milk, dine on meat and vegetables, avoid all irritations of the mind; do not wear too much clothing, which impedes circulation, and to this mode of living, add much exercise in the open air, wash, and drink water.

These rules adopted, a stimulating fomentation to cover the abdomen and lower part of the stomach should be worn. The patient must sweat lightly in the morning, and take the cold-bath immediately after; in the evening take a sitz-bath, and during the whole time, all

parts of the stomach and abdomen should be rubbed with wet hands. If you can procure the douche, so much the better, but must avoid receiving it on the stomach; but if a douche cannot be procured, then the body can be sprinkled with cold water, beginning with the shoulders, and causing the water to descend to the abdomen. To these means add the drinking of cold water, taking care not to drink too much at a time, particularly at meals; the best time for drinking water is before breakfast. Take a good deal of exercise, but moderate it in the evening, and avoid the great heat.

I saw an invalid arrive at Graefenberg, who had taken a considerable quantity of mercury; he had for several years felt pains in the stomach, accompanied by violent head-aches; each returned every twelve hours, and deprived him of all his faculties, more particularly his digestion. He had tried medicine in vain, without obtaining the slightest relief. He was completely cured at Graefenberg, not only of his pains, and of his bad digestion, but his system was purified by sweating out the mercury with which it was saturated, which no doubt was the origin of his disease. His treatment was what I have described.

Heartburn.

The habit of eating too much, the use of greasy food difficult of digestion, and too sedentary life, are generally the causes of this disease.

It is combated with success by drinking water early in the morning until you produce vomiting or even diarrhœa, then the disease gives way quickly if it is not an old one; if it is, it becomes chronic, and must be treated by sudorifics, baths, and ablations.

The burning liquid which rises from the stomach to the throat is often caused at Graefenberg by the abundance of greasy food with which the table is supplied. At the period of the crisis it frequently makes its appearance, at the termination of humours, of which part is discharged by the first courses. I was sharply attacked by it at this period of the treatment, and a diarrhœa, which I brought on by gorging myself with cold water during two days, completely cured me.

Loss of Sleep.

Sobriety at table, a great deal of exercise in the open air, and ablutions with cold water, are the most efficacious remedies for this kind of inconvenience. The ablutions should be made on going to bed; they are more efficacious than baths. Sleeplessness in children is invariably cured by the application of the wet sheet.

Epilepsy.

Priessnitz does not undertake to cure this disease. He merely thinks that cold baths and cold water, drank in abundance, would somewhat relieve it.

Diseases of the Abdomen.

All diseases of the abdomen, by whatever name they may be called, are cured at Graefenberg. They are in general the result of congestion, engatement, and obstructions of the organs which they confine, and of their weakness, which to dissolve and strengthen are the great objects to be attained, and for this the method adopted by Priessnitz is admirably calculated with the aid of water, air, exercise, and diet. At Graefenberg, I met with a vast number of invalids who for many years had not been able to obtain any evacuations,

except by the power of art; these Priessnitz invariably relieved in less than a fortnight; no doubt the new mode of living, contributed very powerfully to it, and we cannot too often repeat the necessity which exists in this complaint of adhering strictly to the rules of diet, which are to take in the morning and evening cold milk, to abstain from all hot aliments, and to avoid all spirituous liquors and spices.

Diarrhœa.

When the diarrhœa is recent, it is sufficient to drink cold water, to wear a fomentation on the stomach, and only to use food easy of digestion. Diarrhœa is very often the work of nature, to carry off prejudicial humours, which you must not prevent; if, on the contrary, it is chronic accompanied by weakness, Priessnitz's method is marvellously calculated to effect the cure. The sitz-baths are here particularly beneficial; they ought to be repeated three or four times a day, for half an hour each time. It is necessary to drink an abundance of cold water, and to use cold water injections, eat little, take no exercise, and it is still better to keep the bed. During the time that I was at Graefenberg, I saw an invalid arrive who had had a diarrhœa for six weeks, which had reduced him to a consumption. Priessnitz cured it in the course of a few days. In the chapter on cholera, there are chronic diarrhœas, where the abundant evacuation of the glaires are alternate with constipation; they are confined by a deep weakness of the intestines; here cold injections are a great relief. These diarrhœas are only to be cured by a long use of cold water, which will finally establish, and give a proper tone to the organs of the abdomen.

Nausea and Sickness.

At Graefenberg, nausea and sickness, as well as dizziness, are frequently produced, as the effects of the treatment. Nothing is used but a great deal of cold water as a beverage, until these symptoms disappear; a relapse, though repeated several times, requires no other remedy: to this is added, a strict abstinence from indigestible aliments, and great repose of mind and body. When nausea and sickness are a disease essential to the stomach, the whole treatment at Graefenberg is indispensable. The sudorific process and half-baths are of remarkable efficacy.

Colics.

These always give way to sitz-baths, fomentations, or bandages on the abdomen, clysters, and cold water abundantly drank, even when of a rheumatic nature.

Congestions of Blood.

Congestions of blood are generally to the head, and begin after meals, or hot and stimulating beverages, as well as after any extraordinary excitement. Persons subject to this complaint should abstain from either drink or food of a stimulating nature, eat moderately, drink a great deal of water at table, take a little exercise after meals, avoid all violent discussions, as well as physical or moral excitement; all occupations of the mind, immediately after meals, are hurtful. They must add to this regimen the use of cold water, as a beverage, also clysters and sitz-baths, where they should remain at least from half an hour to an hour, not forgetting to

put cold wet bandages on the head. Cold wet bandages should often be repeated on the diseased parts, to strengthen the inactive vessels, and give a tone to the weakened organs. Often a foot-bath and cold bandages are sufficient to cure the head. The cure of this disease is effected without the sudorific process, which would cause an overflow of blood to the head.

Drowsiness.

Drowsiness, which is subject to frequent returns, is often caused by bad digestion, particularly from overcharging the stomach. This is remedied by moderation in eating and drinking. On its appearance, a cold bandage should be applied on the abdomen; two clysters of cold water should be taken daily, and much cold water drank, particularly in the morning. Entire baths, ablutions of the whole body, as well as head-baths, should be resorted to, after which the head should be well dried and rubbed. It is well to repeat the head-bath and friction on going to bed. After meals, instead of remaining at home, exercise should be taken, which prevents sleepiness.

Sickness and Spitting of Blood.

The bleeding of these organs can happen to those suffering with piles. Sitz-baths should be taken, and cold bandages worn at night on the chest. All kinds of irritation should be avoided, and entire repose of the mind and body observed. An abundant drinking of cold water is indispensable. Bleeding of the lungs, the effect of pulmonary consumption, is not curable by cold water. It is unnecessary to add, that great sobriety and

abstinence from all heating beverages should accompany this treatment.

Hemorrhage, Uterine.

In hemorrhages of the matrix, apply cold bandages to the abdomen, and if these are not sufficient, cold water must be injected into the matrix; to these means must be added an abundant drinking of cold water. This treatment requires the advice of some Hydropathic practitioner.

Irregular Menstruation.

Order is established in this important function by slight perspirations, general cold ablutions, sitz-baths and foot-baths, much exercise, and plentifully drinking cold water. Instances of cures of this complaint at Graefenberg are innumerable.

Accouchement.

Experience has demonstrated the utility of cold ablutions, and exercise in the plain air, to females who are *enceinte;* to this ought to be added simple diet, and the drinking plentifully of cold water: wine, coffee, and liquors should be avoided. Madame Priessnitz is accustomed, during the last six weeks previous to her accouchement, to take a cold-bath every day. To this she owes the happiness of a prompt and easy accouchement, and her speedy establishment in health.

Les Fleurs Blanches.

These find a certain cure at Graefenberg. Sitz-baths

alone frequently effect the object; but in general this bath should be aided by cold ablutions and exercise.

Cramps of the Stomach.

Cramp in the stomach is almost always produced by faults of regimen; yet it is sometimes occasioned by the diseases of the skin being driven in, or through some organic fault of the stomach. This defect is generally cancerous, and leaves little hope of cure.

Persons attacked with cramp in the stomach ought to use cold food, wear constantly a fomenting bandage on the stomach, perspire every day, take two or three sitz-baths, and drink abundantly of cold water, particularly whilst in pain, carefully avoiding warm drinks, and all reflections which would lead to melancholy.

A counsellor who had suffered during fourteen years from violent cramps in the stomach, was ordered, during the paroxysm, to drink cold water until it caused vomiting; the pains were for the time augmented, but they returned no more.

CHAPTER XVII.

ANIMAL TREATMENT.

The immortal Buffon placed the horse next in the order of creation to man, therefore man has seriously and profoundly studied the anatomy and construction of that noble animal, as well as its habits, wants, and diseases. The physiology and pathology of the quadruped forms at present a science scarcely less cultivated than that of the health and diseases of the human race. Hydropathy shows the imperfections of this science, to which the treatment at Graefenberg affords many useful lessons. Priessnitz's precepts will be better received by the veterinary surgeon than by our medical practitioners, because the success of this treatment, in its application to the diseased animal, is more certain. To understand this, it will suffice to compare the manner of living of the one with the other. This comparison equally accounts for the general health of animals, and the multiplicity of diseases to which mankind are subject. On one side all is artificial, on the other all is natural. We had better not push the comparison any further, lest we should find ourselves but too culpable, and justly punished.

The treatment of the diseased horse, or other animal, at Graefenberg, is the same as that of man. We have

said that the agents of the cure are four in number,—water, air, exercise, and diet. The quadruped is exempted from the last, which can be only ordered to individuals who are placed out of nature's limits, which horses never are.

On the external use of Cold Water.

Entire baths, foot-baths, douche-baths, and bandages, constitute all the external treatment requisite for a horse: rubbing the body of the animal for some hours with wetted straw, must also be added. This operation is of great efficacy in bringing out stagnant humours, reanimating half paralysed limbs, and in strengthening the joints. The douche is applied by means of a fire engine: the baths have the property of giving a tone to the skin and the nerves. The bandages for the horse are the same as those used for man; they are of two sorts, heating and cooling.

Internal use of Cold Water.

There are two ways of applying cold water internally, viz.: drinks and injections into the cavities; but ablutions form the most important part of the treatment.

Sudorific Process.

This is the same for horses as for men, and is often sufficient to effect a cure, as the greatest part of these diseases proceed from suppressed perspiration after too violent exercise. Previous to sweating the animal should be well rubbed down. After this sweating, the

whole of the body of the animal should be immersed in a cold bath which fortifies the system.

If there is no river in the neighbourhood, its place should be supplied by the throwing of several buckets of cold water over the body. After the performance of this operation, the animal should be exercised.

To make a horse sweat, he should be well rubbed down for some time with cold water, then he should be entirely enveloped in blankets, excepting the head. If this proceeding prove ineffectual, the animal should be rubbed down again, and afterwards covered with a wet sheet, and again replaced in blankets. This will certainly be followed by the desired effect. Immediately perspiration commences water should be given often in small quantities to drink. After having sufficiently perspired, the horse should be uncovered and immediately washed all over with cold water, then rubbed down, and gently exercised.

This treatment should be repeated until the animal be perfectly re-established.

The following diseases are thus treated at Graefenberg.

Paralytic Weakness of the Limbs, and Sprains.

At Graefenberg these diseases are generally successfully treated by constant friction with cold water, when one man is fatigued he must be replaced by another. This rubbing subdues the heat, and it should be followed by heating bandages. I have seen the weakness of the hips and loins disappear after twenty-four hours of this treatment; the douche was also used, which in these cases is marvellous in its effect.

External Inflammations and Wounds.

After having well cleansed the sore, it should be covered with a heating bandage, which must be frequently renewed, if the inflammation is severe, and the heat great, to refresh the mass of blood. The animal should go into the water, but without wetting the wound: in case of fever the body of the horse should be covered with wet linen, over which a blanket must be fastened, in order to promote perspiration; when this has continued for some time, apply cold water as before.

External inflammation proceeds from two causes, first, from the tightness of the saddle, which wounds the flesh; secondly, from the blows which the horse receives. Directly you perceive that the horse has been hurt by the saddle, take it off, and having rubbed him well dry, place upon the wound a heating bandage, that is to say, a wet bandage covered with a dry one, and firmly tied on; it should be observed that the heating bandage requires to be frequently renewed; but always before renewing the bandage, rub the part affected with straw well wetted with cold water; the parts near the wound must be treated in the same manner. This process is also useful in cases of throat obstructions, and should be repeated as often as the bandage becomes hot. When the heat has disappeared, the cooling bandage should *replace* the other; that is to say, a wet bandage without a dry one over it. Before this becomes quite dry it should be renewed, taking care each time to rub well the parts affected, which renders them, when exposed, less sensitive. This gives elasticity to the wound, causes

the stagnant humours to circulate, and produces natural perspiration.

For inflammation which comes from a blow, either recent or of long standing, the following is the treatment. In the first case, cooling bandages and frictions with wet straw are resorted to. When the inflammation subsides, heating bandages should replace the cooling ones. In changing the bandages be careful to rub the parts well, to prevent the diseased parts hardening. In inflammations of long standing, the heating bandage should be applied, with energetic rubbing frequently repeated.

The Staggers.

Bleeding in this disease procures a temporary relief, but it is not possible by this means to effect a cure, as the cause of the disease still exists. This cause is nothing more than a stoppage of perspiration, followed by a want of energy of the skin. The humours which cause perspiration then mix with the blood, derange and thicken it; this causes a stagnation, of which the brain is frequently the seat. This must be the true solution of the cause of the malady, because one single friction of the skin, powerfully applied with wetted straw, is sufficient to cure this disease in the beginning. In severe cases the animal should be sweated, taking care always after perspiration, to rub the body well all over with fresh cold water. During this treatment, the animal's head should be wetted every hour with cold water, and it should be fed on green food. The douche in this case is of the greatest utility.

Want of Appetite.

If frictions frequently repeated do not produce appetite, the animal must be sweated, as in the other cases.

N.B. Diseased animals should be well supplied with cold water, and, when in health, water should be administered freely.

Foundering of Horses.

An overworked horse is subject to contract this disease. It is cured by friction, the sudorific process, and the douche. Before sweating, the animal should be energetically rubbed down; and immediately after he has ceased perspiring, he should be wetted all over, and then be gently exercised; taking care that he constantly wears heating bandages, and that his legs be frequently rubbed down with cold water—for which process his feet may be placed in a foot-bath, several times a day.

The Strangles.

At Graefenberg I have seen this disease easily cured, by the sudorific process and exercise.

It is much better, by sweating, to draw the humours (which obstruct the glands) to the skin, than to throw it on the lungs; whence it escapes by the nostrils. This means of evacuation is only chosen by nature, in consequence of the skin being obstructed. Open the pores of the cutaneous organs, and the running at the animal's nostrils will immediately cease.

Fever.

The treatment for this malady consists of energetical general friction; to which is added the sudorific process.

Inflammatory fever is cured by strong friction all over the body of the animal, continued for a long time; after which, he is placed in a deep cold bath, where he should remain until he begins to tremble with cold. On coming out of the water, the animal should be well rubbed down again, and enveloped in wet linen; over which are placed blankets, in order to produce sweating, which process must be repeated until all symptoms of fever cease.

Lock-jaw.

Friction, the douche, and perspiration, are the remedies for this disease. During the intervals of their application, cold bandages should be applied to the diseased parts. It is necessary to exercise the animal as soon as he is able to move.

The irritation of the skin counteracts the lock-jaw.—The efficacy of water in this complaint, has been known in England for years. I recollect reading in the Chelmsford paper, that the possessor of a valuable horse, which had been seized with lock-jaw, after trying all other remedies in vain, threw upon the animal (from a height) many hogsheads of water; causing it to fall heaviest on the loins. The horse was then enveloped in warm clothing, and was, by this simple means, completely cured. This treatment was also applied to a horse belonging to one of my acquaintances, in Gloucestershire, with the same success.

CHAPTER XVIII.

A JOURNEY TO GRAEFENBERG, AND OBSERVATIONS ON THE ESTABLISHMENT.—BY J. GROSS.

On approaching the little town of Freiwaldau, I was surprised and delighted when in looking by chance to the left, I recognised the hamlet of Graefenberg, with its scattered houses, built upon the declivity of the mountain from which it takes its name. Arrived at that point where the high road of Freiwaldau is left for the narrow and bad road which conducts to Graefenberg, I was astonished that no one had ever placed a hand-post to apprize the sick traveller harassed with fatigue, that he had arrived at the end of his journey, where he would be speedily relieved from all pain. The want of this causes him to proceed to Freiwaldau, whence he is subsequently obliged to retrace his steps.

From that moment, numerous ideas crowded upon my mind. I could no longer remain in the carriage. I alighted, and accelerated my steps towards the famous mountain, the echo from which now resounds to the most distant countries of the civilized world. Giving myself up to the reveries of my imagination, I fancied the water of the little streamlet murmuring by the side of the path I was pursuing to be running from the baths at Graefenberg, and consequently that it was impure, infected, and impregnated by syphilic, scrofulous, and

gouty venoms. The houses which I saw above me appeared so many habitations of enchanted princes and princesses, whose bodies had taken all sorts of hideous shapes, and were become impotent, paralytic, leprous, &c. Among them, I fancied, I discovered the great and benignant magician, Priessnitz, employed in touching them with his wonderful wand, and giving them back their gait, their sight, and the use and purity of their members. And what is that mysterious and excellent wand? It is *cold water*, quite simple and pure; and it is precisely because it is only water, that the world is so prejudiced and blinded as not to believe the prodigies it can perform.

I was soon tête-à-tête with this medical phenomenon. I did not find him so handsome, or witty, or rather not so sly and cunning as he appears in the portrait I have of him; to balance which, the latter has not that expression of goodness, calm, and reflection which is expressed in Priessnitz's physiognomy. He presented me to his wife, who is pretty and fair, very natural but very clever, is perfectly acquainted with domestic economy, and alone manages the entire household.

Notwithstanding I had the caution, which is indispensable to any one going to Graefenberg, to be previously announced to Priessnitz in order to procure a room, I could obtain no place in either of the four buildings belonging to Priessnitz, and was therefore lodged in one of the nearest peasant's houses which are built here and there on the declivity of Graefenberg.

Oh, what a bad lodging! Our servants would not put up with it. The delicate inhabitant of a town would be disgusted with the whole of the cure, if

his sufferings, of which he came to disencumber himself, did not require the sacrifice at any price. As it is, he must resign himself to his fate, and make a virtue of necessity. My landlord conducted me by a narrow staircase, almost perpendicular, placed at the low and dirty entrance of the house, to a very small room, so low that I could not stand upright in it; I constantly ran the risk of knocking my head against the beams of the ceiling.

The furniture consisted of a wooden bedstead, a straw mattress, a thin feather bed, and one sheet; instead of blankets for covering, a large feather bed; two pillows, a chest of drawers, a small table and two chairs, all of common wood; then a boot-jack, a pôt de chambre, a bottle, two glasses, and an enormous wash-hand basin. Those who require mattresses will be able to hire them at Freiwaldau, situated three-quarters of a mile from Graefenberg.

I had just put my things to rights when the bell at Priessnitz's large establishment announced the dinner-hour. On entering the dining-room, which is ninety feet long, I was very much surprised to see 168* persons assembled, sitting mixed together without any distinction as to rank or age, at three tables placed in a line. Priessnitz presides at the first table on the left-hand, and is never missing either at breakfast, dinner, or supper. It is there he gives his public audiences, and is continually consulted by some of those present who have something to tell or to ask him. All is said aloud without any restraint. It is astonishing to

* Mr. Gross must have been at Graefenberg before the present colossal building was erected, which will account for so small a number at dinner.

see such noisy merriment among so many invalids. Soup, with something fried, was served. Boiled beef with sour sauce, and to my great surprise, with salted cucumbers, are allowed, also minced meat with green peas. Instead of vegetables, which, with the exception of cabbages, and sour crout, are very scarce, mutton, veal, and pork are alternately served, as well as fowls and roast ducks, with salad or preserves; also, all kinds of pastry. Fresh butter daily replaces dessert. During the sixteen days which I passed at Graefenberg, I was satisfied with the cooking; all was good, tender, and savoury. I consider the complaints made on this subject in general very unjust.

When sometimes the fresh-killed meat is tough, or when the made dishes are not well cooked, it is wrong to blame either Priessnitz or his wife. To be just, we must admit these accidents happen in every house; the only thing that I found fault with was the brown bread, which is always cut too soon. This causes the bread to be too moist; but there are always persons seated in the corridors who sell white bread, milk bread, and a sort of gingerbread, made without spices, to excite thirst; also fruits, according to the season, which are permitted in the treatment. Everybody drinks a great deal of cold water at table; and from twenty to thirty glasses a day form the ordinary quantity drank. Priessnitz recommends a copious use of cold water to all his patients, as much to repair the loss of liquid, caused by strong perspiration daily, as a remedy to dilute and dissolve; also in assisting the evacuation of morbid substances. Therefore, the servants are continually occupied in filling the decanters with very cold and excellent water, from a fountain which springs at two steps from

the dining-room, and which is, morning and evening, encircled by the invalids, who amuse themselves by trying who can drink most. It is a great pity that this spring, which in any other bathing-place would be made to present a pretty and agreeable aspect, is here treated with inconceivable negligence and carelessness. Instead of being covered in, it is exposed to all weathers, and a continual draught.

As the whole of the treatment tends to give activity to the system, and to the natural physical power the necessary energy to throw off the disease, and to eliminate the morbid matter, Priessnitz, far from weakening the system by want of food, or prescribing any severe diet to the invalids, (excepting exotic spices and all spirituous liquors, which are interdicted,) allows them to eat as much as they like. He gives them solid, coarse, and indigestible food, in order to inspire them with courage and confidence, which is soon acquired, when they find that, with all their sufferings, they eat more, and with better appetites, than they formerly did; and these invalids can digest those things which, in health, they would not venture to eat, at least without exposing themselves to much inconvenience and discomfort. We must admit that this is a very important point, and gives Hydropathy a great advantage over any other treatment known in our days. Far from subjecting the patient to privations, on the score of eating and drinking, the water cure gives an appetite, and forces the invalid to eat more than he was accustomed to, even in health. But this will not astonish us, when we reflect on the means of action that this treatment puts in daily use, such as perspiration, the douche, bathing, drinking, exercise in the fresh air, ascending mountains, &c., all of which

excite the appetite. The way of living here, causes to the system, if I may so express it, a continual and considerable outlay, only to be replaced by proportionable receipts.

I can testify that what I saw at the dinner at Graefenberg, surpassed all my expectations; for there every body, indiscriminately, eat with such appetites and in such quantities, that but for my conviction of being amongst invalids, labouring under all kinds of diseases, most of which were thought incurable by the most celebrated and clever of the faculty, I should have thought they were a number of famished workmen, perfectly robust and healthy.

Notwithstanding this, I do not hesitate to say, that this glattonous manner of eating, of most of Priessnitz's patients, is degenerated to a mania, an excess, a vice; and that its effects cannot be indifferent to the cure.—Further on, I shall return to the subject.

After dinner I consulted Priessnitz on my own case; recounting to him briefly the complaints which I had had for many years, and of which I had been delivered by daily ablutions, occasional partial baths, and wet bandages; and that of all my ailments, none remained except a chronic cold in the head—that I could not get rid of; and which inconvenienced me very much. I, however, assured him, that it was not this slight indisposition, but the desire of making his acquaintance, of seeing his establishment, and of initiating myself into all parts of his admirable curing method, which had induced me to undertake the journey to Graefenberg.—He was of opinion, that his treatment (principally the sudorific process, and the subsequent bath) would have very salutary effects on my health; and he advised me,

the same evening to take a preparatory bath, and to address myself on the subject, to my landlord. Every peasant, who has a house at Graefenberg, lets all the rooms which he does not require, to patients who cannot be accommodated by Priessnitz. For this they have each near their houses a spring of water, that, by means of pipes, is conveyed into a room belonging to the habitation; which contains all the apparatus necessary to the treatment. Custom having rendered the proprietor of the house familiar with the mode of treatment, he is bath-servant for the men; and his wife for the women. The price for a small room is one florin, or two shillings per week; as much for the bed, and one shilling and four-pence a week for the servant.

To return to my preparatory bath; my landlord or servant made me strip to the skin, then covered me with a sheet, and my cloak over it. After this he provided me with a pair of straw slippers to cover my feet, and then conducted me to a small bath-room, where he made me enter the bath, which contained only a few inches of water, of the temperature of about 60°. When he had washed and rubbed me several times from head to foot, I was led back to my chamber, in the same costume, and well dried and rubbed. I then dressed and took a walk in the open air.

It is very inconvenient for the invalids lodged in some of the peasants' houses, not to find a bath in them; they are, consequently, even when undressed, obliged to walk a distance, short or long, as it may happen, out of doors, to the bath, exposed to the atmosphere, and occasionally to the disagreeable necessity of walking in the mud, for the foot-paths are neither raised nor paved.

Priessnitz orders these ablutions or preparatory baths

to all new comers for a long or short period, according to the disease and the degree of sensitiveness of the patient, before he allows them to plunge into cold water. There are even some cases where, during the whole of the treatment, the invalid must confine himself to the use of these baths.

At seven o'clock in the evening the bell rang for supper, which, like breakfast, consists of cold milk, brown bread, and fresh butter. The two or three hours spent in the saloon before retiring to rest, are generally the most agreeable. Smoking is allowed in the billiard-room, but not in the saloon, where we chat and play, but never at cards; there is frequently music and singing, and now and then a dance. Evening is also the time for the arrival of the often ardently desired messenger, who brings the letters, and who takes away those that are written.

Being fatigued by the journey, I soon left the room to go to bed. It rained very hard, and I was astonished on going out to find that it was perfectly dark. After having advanced a few useless steps in the mud, I was compelled to return for a servant with a lantern to light me to my lodging. This is another of those inconveniences at Graefenberg which could be easily remedied, if Priessnitz and the other proprietors would pave the avenues to their houses, render the roads more practicable by covering them with gravel, and have them lighted at night, so that the invalids might not be exposed to sink in the mud, or to slip and be hurt by falling, in descending the hill.

Notwithstanding the hardness of my bed, I slept profoundly until 4 A. M., when my host came to pack me up to commence my first sudorific process. He made

me get up, took away the sheet and a wadded counterpane, which Priessnitz had lent me, (as I was not accustomed to the hot heavy feather-bed which they use here,) and instead of these he spread out a large blanket, on which I laid down naked; he then commenced the usual operation of packing up. Custom had given my host such facility that he wrapped me up so well and so firmly, that I could not move. Over the blanket he put the feather bed, and then the wadded counterpane, and over all my cloak; these being well tucked in, he finished by burying my head so deep in the pillows, as only to leave the eyes, nose, and mouth uncovered. This covering up of the head is only used when required by the invalid, or by the order of Priessnitz. In leaving me, my attendant wished that perspiration might quickly commence, and he came every now and then to inquire how I was going on. This manner of lying without being able to move, in a woollen blanket, of which the hair is long, causes an uncomfortable sensation on the skin, and was to me a most disagreeable operation, but this was only so for the first time. I went to sleep soon after I was covered up, although it is said this is not good. My temperament being more dry than moist, it was necessary to remain two hours in this position, until the sweat was produced by the concentration of perspiration, and the cutaneous heat manifested itself; with many it requires less time, but this is regulated according to the disposition of the patient. My landlord, seeing I was in a state of perspiration, opened the window, and gave me from time to time, cold water to drink. Both are done in order to refresh the lungs, by causing them to inhale fresh air, to reanimate the strength of the body, and to preserve it from the heat

and weakness which ensue. Cold water, drank when the perspiration is running, gives activity to the respiratory functions, whilst if drank before the breaking out of perspiration, it stops it. Another means of promoting perspiration when difficult, is the forced motion of the body, and rubbing of the hands and feet together, as well as this can be done when so tightly wrapped up; only care should be taken not to drink immediately after such motion. After having perspired two hours, and consequently passed four hours in this disagreeable situation, I was delivered from it by Priessnitz, who came in and judged it to be sufficient. We must always leave him to decide the length of the time requisite, and avoid prolonging it until weakness is felt. Its duration varies from half an hour to two hours from the moment perspiration commences. My attendant shut the window, freed my head, and quickly took off *all my coverings*, excepting the blanket, which he sufficiently loosened to enable him to take away the urinal, which had been placed in the bed, and to excuse my feet in straw slippers.

At the same time Priessnitz caused me to be seated, and to hold out my hands, which he wetted several times with cold water; when he gave me the basin, telling me to wash my face. I then left the bed wrapped in my blanket, covered with perspiration. I went with a quick and gay step, without experiencing the slightest weakness or inconvenience, to the bottom of the staircase, and outside the house to the bath room. Priessnitz preceded me; my landord followed, carrying the sheet and cloak. After having washed my hands and face, and thrown off the blanket, Priessnitz made me enter the preparatory bath of tepid water, caused me to be washed

and well rubbed as on the day previous: I then plunged for an instant into a bath filled with cold water, which comes in continually fresh on the one side, and empties itself on the other, and returned as quick as possible to the former, when, after another another good rubbing, I was obliged again to go into the cold bath, there to plunge several times, always rubbing my limbs; and again returned for the last time, into the tepid bath, which I soon left, covered as the preceding day, to regain my room, where I was dried by rubbing: I then quickly dressed and went out to take exercise. Far from shivering, I felt a delightful heat, and a peculiar vigour of body and mind.

I was subjected to the operation of perspiring, but of shorter duration, accompanied by the same bath again in the evening; but the next day, leaving the preparatory bath, on coming out of bed I plunged into the cold bath, taking the precaution, which should never be neglected, of washing hands, face, and neck previously. It is true that the first instant it shocks, but as it is the more disagreeable from our timidity and slowness in entering, I recommend every body to plunge entirely, and at once into it, holding one's breath, and in such a manner as to let the water pass over the head, to rub well, and as long as possible the diseased parts, and remain there from thirty seconds to five minutes, never longer, unless by the express order of Priessnitz. Patients often commit a great fault in remaining in the cold bath motionless; continued movement and friction in the water is the way to prevent shivering.

It will be well here again to mention, that prejudice, which although so prevalent is nevertheless wrong, and contradicted by daily experience, leads people to ima-

gine, that the change from heat to cold, and ablutions after intense heat, as practised at Graefenberg and other similar establishments, are prejudicial to health, and may even tend to apoplexy. This prejudice only arises from trials made by persons in a state of perspiration, caused by talking, singing, working, running, or dancing. Such persons must and always will have to pay for their imprudence, should they then swallow any cold beverage whilst in this state, by the loss of their health, and sometimes even of life. By these experiments they have arrived at a false conclusion.

But it must be remembered, there are two kinds of perspiration, essentially differing from each other. The first of these is called active perspiration, and is produced by the active and voluntary movement of the body, by the efforts made by different organs, or by some violent exercise of several or all the members, in order to warm the blood, and cause it to circulate more rapidly in the veins, and to augment the cutaneous perspiration. Doubtless it is very dangerous to bathe or to drink in this state of perspiration, when the whole system is heated, irritated, and agitated. On this subject the above conclusion is just; but it is totally different in the other sort of perspiration, which, by way of distinguishing it, I shall call *passive* perspiration, in which the body does not participate, which can only take place in a state of repose, and in a passive state of the body or its members, without having been previously heated, or any part of the system being excited. Passive perspiration can only be produced by external influence, such as by warm atmosphere, warm covering, or

by any operation which is involuntary, or which tends to concentrate or increase natural heat.

When you perspire in the great heats of summer, without even moving, or in a very hot place, or quietly lying in bed, that is passive perspiration, during which it is not only allowed, but also salutary, to drink anything cold. It is well known, that in the meridional countries, at Naples for example, in the middle of the summer persons are found in the streets, who offer iced water for sale to the public, and that, even when perspiration is running down the faces of the people. They drink it without fearing or feeling the slightest inconvenience. At Graefenberg, and at all similar establishments, it is ordered to those perspiring to drink cold water, with the intention, which is realized, of perspiring more and more freely.

As to the other conclusion, that it is equally prejudicial to wash or bathe in cold water in a state of perspiration, it is only correct in speaking of active perspiration. Even in the hottest day in summer, if a river bath is taken after the body is previously heated to perspiration by any violent movement, it may cause death. But enter it in a state of passive perspiration, or when your blood is calm, that is, when you feel no internal heat or agitation whatever, then it can do you no harm. As to myself, I take regularly every day, winter and summer, a cold ablution on getting out of bed, without at all caring whether I am in a perspiration or not; and, thank God, I am in excellent health. I appeal to the thousands of invalids who have visited Graefenberg, and other similar establishments, for the truth of this statement, if amongst the num-

ber, one can be found who will say that it is injurious to enter the cold-bath whilst in a state of passive perspiration. No person ought to neglect, before plunging into a cold-bath, the precaution of washing the hands, face, and chest, nor to remain longer in the water than five minutes.

Why do so many doctors recommend Russian baths as being salutary, if cold ablutions, in a state of perspiration, (which is nearly the same practice,) are so injurious?

At any rate, the method of provoking perspiration, inseparable from the subsequent bath, which Priessnitz and his followers use with such brilliant success, has many eminent advantages over every other means of exciting perspiration known at the present day. There is no doubt that perspiration, produced by sudorifics, and the aid of the pharmacy, agitates the system too violently, softens the skin, weakens, and makes the body considerably thinner, principally because it is not followed by cold ablutions. In fomenting baths, the ardent vapours which are breathed, and which act on the skin, heat the lungs and irritate the nerves; therefore it is feared that their constant use would be injurious to health, by affecting the lungs and the nerves. Priessnitz's method presents none of these objections, it is as harmless as it is salutary and efficacious. There is neither medicine, nor any motion of the body, or burning vapour, to provoke perspiration—it is mere simple wrapping up, by means of which the natural heat of the body, being unable to communicate outwardly, is concentrated and augmented, and so provokes perspiration by reacting on the body. The blood and lungs remain in entire repose, and, far from being heated, they are

constantly refreshed and reinforced by the fresh air the patient breathes, and the cold water he drinks.

It is at the same time the only way to provoke the most abundant perspiration, as may be seen daily at Graefenberg, where some persons perspire so profusely, that the water coming from their bodies not only penetrates all the coverings, but also the mattress and straw bed. It is also the only means of perspiration that can be employed daily for months, nay, for years, not only with impunity, and without weakening the body, but with great advantage to the health, particularly in some cases of chronic and inveterate diseases.

With the exception of very few cases, (for example, great weakness of the invalid,) the perspiration and cold-bath, subsequently combined, form the essential part of the cure in Hydropathy; but this is also modified according to the time of its commencement, and the length of time it has continued. It is also regulated by the nature of the disease, and the strength of the patient. Priessnitz has learnt, from long experience, that the use of cold-baths, without being preceded by perspiration, makes the skin dry and rough, frequently causing blisters. He pays great attention to the provocation of perspiration; considering it the best means of rendering the system susceptible of the salutary action of cold water; in fact, to make it more pliable. He compares the effect of perspiration to that of the hammer on hot iron, instead of cold; when in a state of heat, the iron takes any form you may choose to give it.

He also knows how this perspiration, united to the subsequent cold-bath, favours and gives activity to the important functions of the cutaneous system; the vitiated state of which is the cause of so many diseases.

Wherefore he treats it with particular attention; it is generally then that he visits his patients. Very often the odour and quality of the perspiration enlightens him as to the true nature of the disease, and directs as to the treatment he should pursue.

As I had determined to learn, and to try on my own body all the parts which constitute the Hydropathic treatment, I soon went to the douche, which Priessnitz had allowed me to use in moderation, so long as I did not feel any irritation resulting from it.

There are ten douches at Graefenberg; the first two, established near the lowest houses of the hamlet, are unimportant. They are used when the weather is such as to prevent access to the higher ones, which are all in a forest at the top of the mountain, and nearly three quarters of a mile from Graefenberg. Two of them, which are higher than the others, are exclusively consecrated to the ladies: the water which springs thence has the lowest temperature, and falls in a column, an inch and half in diameter, from a height of eleven to fourteen feet. The water which runs from these is collected, and conducted by spouts, and forms the six douches for the men, which are placed one beneath the other. The height of the fall of water varies from eleven to nineteen feet; as well as the temperature, which is from 6° to 10° Reaumur, according to the season and hour of the day.

The douche should never be taken immediately after dinner; the most favourable time is in the morning.—When, on arriving, and heated by the walk, the patient should wait until a little cooled. It is equally bad to take the douche when cold.

Previous to exposing the body to the action of the

douche, it is necessary to wet the hands, face, and chest; and then receive the fall of water on the hands, joined together, in intertwining the fingers above the head, so as to water the whole of the body first.

It is only requisite to expose successively the nape of the neck, back, stomach, and thighs to the column of falling water, &c., but never the head or chest, taking care to move about, and rubbing the whole of the time, letting the water fall as much as possible on the diseased part. The douche is generally taken for two minutes the first time, and afterwards gradually increased even to fifteen minutes. On leaving the bath the patient must be quickly dried and dressed, in order that he may walk to avoid any feeling of cold, which is often disagreeable if he should have remained too long at the douche. There are persons who have taken the douche from thirty to forty minutes, and even longer; the same excess has been committed in regard to perspiration and drinking; but this is a misplaced bravado. It is an erroneous idea to think that the cure can be accelerated by these means; on the contrary, it often retards it; consequently, it is requisite for all who go to Graefenberg to consult Priessnitz upon these points, and follow his directions precisely; and it is essential to all who submit to the treatment at Graefenberg, to take exact information of Priessnitz himself on the following points:—

1st. Whether they should perspire once or twice a day, and how long they should remain in perspiration, and during that time at what intervals they should drink; also, how many days they should use the preparatory baths, previous to plunging into cold water, and how many minutes they should remain in the latter.

2ndly. In case the douche is ordered them, for what

length of time they should remain under it, which douche they should choose, and what parts of the body they should principally expose to its action.

dedly. Also what quantity of water they should drink daily, as well fasting, at dinner, or in the evening. The same precautions should be taken as to the applications of cold water which are ordered, and care should be taken not to act according to the assurances of other patients.

As to the effect of the Hydropathic treatment, it depends as much upon the epoch of the manifestation of the disease as upon the manner in which it appears, on the changes operated in the system, and the nature of the disease and individuality of the patient.

The first impressions produced by the stay at Graefenberg are generally favourable and agreeable, since water, air, and exercise augment the appetite, cause one to sleep well, render the cutaneous and digestive functions active, and even act in a salutary manner on the mind. But after a more lengthened use of the treatment, divers symptoms come on which are often very painful, as well on the surface as in the interior of the body; these symptoms are commonly but improperly called crises, (efforts of nature to expel morbid matter from the body,) by the invalids who wait for them with impatience, however painful they may be, because they look upon them as certain signs, that the treatment has done them good, and that they will be ultimately radically cured. The whole of the operation may be explained in the following manner, which, although problematical, seems to be true. Whilst cold water serves as a drink, it also dilutes, dissolves, and evacuates—those of the baths irritate the surface of the body in provoking the reaction of the system,—that is to say, in

causing the caloric with which it is provided to bear upon the parts subjected to the cold water, and to repair the loss occasioned by perspiration. Or as in this treatment, the surface of the body is irritated by cold water four or five times a day, in reckoning the baths, half-baths, douche, &c., and that through these means the caloric is incessantly directed towards the circumference, it forms in the system a sort of centrifugal movement, predominating from that part of the caloric which by degrees draws the blood and all the humours after it, and makes them take the same tendency.

This flux of the liquids of the body to the circumference is such, that all stagnations, all morbid deposits, cannot in the end resist it; when leaving the place they had occupied, they participate in the general confusion. However, how will the system be able to evacuate and reject so many prejudicial and injurious substances, which by degrees form and accumulate under the skin, through which they cannot pass? It is the daily perspirations invented by Priessnitz, which present an excellent way to aid the system in its efforts to expel these matters.

To be convinced how salutary these perspirations are, let us remember the numbers of examples of diseased persons, where death seemed inevitable, (even to the medical men themselves,) who have been saved by a strong perspiration; which the system, or natural medical power, making a last effort, produced, thereby opening a free passage to the malignant and morbid matter.

This is the reason why, at Graefenberg, the produce of perspiration is often seen impregnated with all kinds of calcareous, sulphuric, and even metallic excretions, which often have a disagreeable, fetid, sour or mouldy smell.

However, when these perspirations are insufficient to excrete so much corrupted matter, or that the matter under the skin is of such a nature as cannot by possibility be eliminated by perspiration, the skin is generally seen, sooner or later, to be inflamed in several parts; eruptions take place, and boils and ulcers are formed, which, in bursting, evacuate a great quantity of these morbid substances. These abscesses are more or less painful; and frequently disappear in one place to reappear in another.

Besides this, in the midst of the occupation, and the continual excitement in which the system is kept during the treatment, other very important and painful symptoms occur, which, being accompanied by fever, appear to the spectator's eye as dangerous and critical. It is principally in the treatment of these symptoms, which form the true crisis, and which are the more violent as the disease of the patient is more important and inveterate, that Priessnitz should be seen: then his tact, his penetration, his presence of mind, and his master-hand, cannot but excite a feeling of admiration; then will be displayed his unparalleled calm assurance,—then will he show how successfully he can master the storm, and distance the danger, and this by means of the very cold water which has caused it, by changing the mode of its application, according to the disease and the constitution of the patient. Sometimes to cure an abscess or fever he orders a cold-bath or a sits-bath; sometimes he applies bandages, or orders the patient to be wrapped in a wet sheet; occasionally friction by the hand dipped in water; sometimes clysters are administered; at one time drinking copiously, at another time very little; in a word, to see him on these trying occa-

sions, one is struck with admiration, mingled with pain, on thinking that, until now, *he is the only perfect master of this art*, which will die with him, if some doctors are not found sufficiently enlightened to be exempt from prejudices, and zealously animated for the well-being of humanity, to go and acquire the knowledge of this extraordinary method of cure, and endeavour by study and experiments to gain the assurance and skill necessary in the treatment of the crisis, which forms the most difficult part of the entire treatment. However, when the crisis is over, during which the patient is seldom obliged to keep his bed, all the morbid matter being expelled, and the organs having assumed their regular and natural functions, and the patient has ceased to suffer, he is *cured*, not only of the disease for the cure of which he had followed the treatment,—(this must be particularly remarked)—but *perfectly* and *completely cured* of all impurities, and his body is pure and healthy. As yet the art of medicine can only cure the present complaint, that of which the sufferer complains and feels symptoms; whilst the invalid may have several other latent diseases in the system that are not yet ripe enough to appear; he may previously have suffered other pains and indispositions, which, at the attack of the present disease, have ceased; that is to say, they have, for the time being, disappeared. In a word, he may have all kinds of derangements in one or other of the organs, which it is impossible for the doctors to know any thing about, because they do not see them, and the patient does not complain of them. Thus it occurs that one is declared well without being in good and perfect health.

This is not the case in Priessnitz's mode of cure, for

Hydropathy does not bear exclusively upon any particular parts of the body, but includes the whole system. The action of water is general; it extends at one and the same time to all the organs; it wakens all the evils that are latent, and which are only dormant; it attacks and cures all that endangers and vitiates the vital economy.

If the disease is even incurable, the treatment fortifies and purifies the whole system, so as to retard, for a long time, its rapid progress. This is why it is difficult to determine, beforehand, the length of time necessary to perfect a cure. The time of cure depends upon the system, and the state of each particular organ. This method of cure can be accelerated or retarded, according to the care the invalid takes to sustain and second the action of water, by certain accessory influences to which he can have recourse, such as the air he breathes, seeing that it is pure, exercise of the body, and the kind of nourishment he partakes of.

Priessnitz does not receive all invalids indiscriminately into his establishment; it is therefore requisite, before going, to let him know the nature of the disease with which you are attacked, to prevent his sending you back. This induces me to say a few words respecting the diseases which can be cured by Hydropathy.

In general, this treatment produces a signal and salutary effect upon all persons who have weakened their body, and ruined their health, by living too high, or the copious use of spirituous liquors, or have led too sedentary a life, or been too warmly clothed, and by this means suffered continually from rheumatism. All invalids of this class, let the disease be chronic or acute, may rest assured of being quickly cured.

This treatment performs miraculous cures in diseases caused by the use of drugs, principally mercurial, used in syphilitic diseases, and even in cases where people in a state of convalescence have suffered from repeated bleeding, who, when invalids, have so much difficulty in regaining their former strength.

At any rate, the life led at Graefenberg, the perspirations, the cold baths, the water drank there, and the pure air there breathed, all work prodigies. Syphilic invalids have been seen at Graefenberg, so thin, as to be nothing but skin and bones, and attacked by fever or a hectic cough, who were entirely re-established, and even became stout and robust, in the space of a few months.

All kinds of gout, podagra, chiragra, gonagra, sciatica, and particularly when the gouty matter has settled on certain parts and joints, and has produced anchylosis and contractions, and even the cataract, are treated at Graefenberg with the most brilliant success. There is a cure of a Prussian officer who had become quite deaf and impotent from the gout, and who was completely cured in nine months.

No other treatment so surely and perfectly cures all abdominal diseases and disorders of the digestive organs, as well as all gastric diseases, such as dysentery, cholera, phlegmatic, nervous, and intermitting fevers. It is equally salutary in cases of piles, hypochondria, and hysterics.

This treatment is of signal usefulness in all kinds of abscess or ulcers, either syphilic or gonoric, and even in caries.

Baron Falkenstein, in a work he published of the miracles at Graefenberg, gives an interesting account of

the manner in which he was cured of caries. A sergeant who was suffering with a decayed leg, (which the doctors had condemned to amputation,) was also cured by Priessnitz.

This treatment has a powerful effect in all inflammatory diseases, external or internal. With respect to internal inflammations, M. Henry remarks with much justness: If in surgery, in cases of inflammation, such advantage is derived from the use of cold water, one might ask why a remedy which has the effect of suspending the circulation from any determined point, is not preferred to internal pathology? and dispense with bleeding, both general and local, which causes in its effects an insensible loss of blood to the general mass, and particularly to the affected organ. In the present state of our ideas, it doubtless appears very extraordinary to envelope a patient suffering from inflammation in a wet sheet; but is this sufficient to proscribe, without further information, a practice of which experience has proved the prompt and successful effects?

In acute efflorescent diseases, there are no means more efficacious in assisting the eruption, than by drinking abundantly of cold water, and during the heat and dryness of the skin, applying cold bandages and wet sheets. Even in diseases looked upon as incurable, this treatment, duly modified, will ever have a salutary effect, if not on the affected organ, at least on the perfect ones, and so fortify them that they may support a longer resistance to the progress of the disease.

Lastly, I shall say one word more to those who imagine that the Hydropathic treatment is capable of

making people younger, or increasing or giving fresh vital forces. Neither water, nor any other remedy, can do this; it cannot even *cure*, since, as it has been already observed, it is the system itself, and the natural medical power, which must expel the morbid matter from the body. Water, like all other remedies, can only increase the activity of this power, second its efforts, and remove any obstacles that may be in its way. Where nought remains, remedies can no longer act: consequently, all those who have dissipated their strength, old decrepit people, and invalids whose inveterate diseases have already too much ravaged the system, of which one or other of the organs is already destroyed, would in vain expect to realize in their own persons the brilliant success of this cure.

I even recommend to those who have recovered their health at Graefenberg, to be careful and not to re-commence the intemperate and unreasonable life they have previously led. This is never done with impunity, and there are many examples where renewed intemperance, after the most fortunate cure, has brought on sudden death. On returning home, one must be prudent and wise, observe a certain diet, continue the treatment, at least in some degree, by drinking, and washing with cold water.

As regards myself, who have left Graefenberg, after a stay there of sixteen days, a short time, but which will ever remain profoundly engraved on my memory, I am entirely cured of my cold in the head; but I nevertheless continue the external and internal use of cold water; and although far from scrupulous, and still less wedded to any minute diet, I endeavour to be

moderate in the enjoyments of life. If at all indisposed, I fast rigidly, and continually drink cold water. This manner of living affords me the satisfaction of keeping in perfectly good health, of feeling strong, gay, and lively, and of being as young as any one can boast of at fifty-three years of age.

CHAPTER XIX.

WATER.

"Sir Isaac Newton defines water, when pure, to be a very fluid salt, volatile, and void of all savour or taste; and it seems to consist of small, smooth, hard, porous, spherical particles, of equal diameter, and of equal specific gravities, as Dr. Cheyne observes: and also, that there are between them spaces so large, and ranged in such a manner, as to be pervious on all sides. Their smoothness accounts for their sliding easily over one another's surfaces; their sphericity keeps them also from touching one another in more points than one; and by both these their friction in sliding over one another is rendered the least possible. Their hardness accounts for the incompressibility of water, when it is free from the intermixture of air. The porosity of water is so very great, that there is at least forty times as much space as matter in it; for water is nineteen times specifically lighter than gold, and consequently rarer in the same proportion."—Limbird.

"O madness! to think use of strong wines,
And strongest drink, our chief support of health,
When God, with these forbidden, made choice to rear
His mighty champion, strong above compare,
Whose drink was only from *the limpid brook*."—Milton.

"Water is the universal vehicle by which are conveyed the particles to sustenance and growth, by which thirst is quenched, and all the wants of life and nature are supplied."—Dr. Johnson.

"Water was the primitive, original beverage, as it is the only simple fluid for diluting, moistening, and cooling; serving all the ends of drink appointed by nature. And, happy had it been for the race of mankind, if other mixed and artificial liquors had never been invented. It has been an agreeable appearance to me to

observe with what freshness and vigour, those who, though eating freely of flesh meat, yet drink nothing but this element, have lived in health and cheerfulness to a great age."—Dr. Cheyne.

"In the midst of a society, where wine and spirits are considered as of little more value than water, I have lived two years without either; and with no other drink but water, except when I have found it convenient to obtain milk; not an hour's illness; not a headache for an hour; not the smallest ailment; not a restless night; not a drowsy morning have I known during these two famous years of my life. The sun never rises before me, I have always to wait for him to come and give me light to write by, while my mind is in full vigour, and while nothing has come to cloud its clearness."—Cornaro.

THE FOLLOWING OBSERVATIONS ARE EXTRACTS FROM THE GERMAN, BY J. GROSS.

In a state of purity, water is divested of all foreign substances, is transparent, devoid of colour or smell, and insipid. At first it would appear as insignificant and of little importance, but this substance becomes more important and excites our admiration and surprise when we examine the subject more attentively, when we consider its operations, its effects, the great influence that it exercises upon all other substances in nature, and the important part which the Almighty has assigned it in creation. Thus we read in Holy Writ, "In the beginning God created the heavens and the earth; and the earth was without form and void, and darkness was upon the face of the deep; and the Spirit of God moved upon the face of the waters." This leads us to conclude that the Lord granted to water a more than ordinary power: to moisten, penetrate, transform, fertilize, and give life to all bodies. It is this inestimable virtue that we still see it exercise in the three kingdoms of nature.

In the mineral kingdom, water performs an important part, it being the great dissolvent. It penetrates and decomposes, more or less, all mineral bodies. It gives existence to mineral fluids, and contributes greatly to the formation and growth of minerals.

In the vegetable kingdom, by moistening the earth, it renders it fit for vegetation, it developes the seeds and roots of plants to which it furnishes nourishment. The caloric of the earth and air dilates the water and transforms it into vapours in the atmosphere, from whence it falls as dews, fogs, or fertilizing rain, refreshing the leaves and the stalks, and causing the plants to grow and fructify.

In the animal kingdom, its influence is equally powerful. It enters essentially into the composition of the blood and humours, and it acts equally powerfully in the formation, the nutrition, and the development of the animal body.

The most important property of water is its fluidity, which renders it so essentially useful as a dissolvent of animate and inanimate matter. When applied to the animal or human body, it penetrates its pores and intestines, and mixing with the blood, diminishes the consistence of the latter, and consequently facilitates an easy and regular circulation.

In this respect, water has an attenuating and rarifying power, which prevents the thickening and conglutination of humours, and subtilizes, dissolves, and carries off all unwholesome, mucilaginous, or saline matter from the body.

The influence of cold water upon the body produces a primitive and subsequent action, that is to say, a reaction. The first of the effects thus produced consists

in an absorption of the caloric caused by the cold of the body with which it comes in contact, thereby determining an immediate obstruction, or a sort of astriction, which empties the capillary system, and presses the blood and humours of the circumference to the centre, principally to the chest and head. But as every thing which causes some derangement in the human body also produces a reaction tending to establish order, the organic system endeavours immediately to repair the loss of caloric which it had sustained. The action of the inner organs being increased, it reacts externally in bringing back a more powerful heat to the part affected by the cold, and thus not only re-establishes those functions subjected to the cold, but increases all the organic movements by means of the intimate connexion of the different parts of the body. This subsequent action of cold is highly advantageous, inasmuch as it is caloric which excites and increases the activity of the organs.

From this we may easily imagine that if we bring our body in contact with cold water, and daily employ it also internally, we cannot but derive great advantages from it, with respect to our health; and the necessary consequence will be, that the circulation of blood and humours will be accelerated, the appetite excited, the secretions and the excretions augmented, the body fortified from the slight stimulation of the nerves; and thus by the augmentation of the fissures, the force and effect of the muscular fibres increased, without any diminution of the suppleness of those members. The excessive sensibility of the nerves to external impressions, above all, to heat and cold, will thereby be lessened, and the body hardened, so as to resist the temperature of the air.

Effects of Cold Water Drinking.

Experience constantly proves that the drinkers of cold water are healthier, stronger, more active and lively, eat more, digest better, and are protected from many diseases, particularly those of the stomach and abdomen, to which the drinkers of wine and beer are subject.—Whence does this arise?

To answer this question we must examine the action of cold water on entering the body, until it has penetrated all its parts.

It produces a salutary effect even in the mouth; it strengthens the gums, preserves the enamel, whitens and preserves the teeth, and clears away mast or any thing that attaches to them. In going down the throat and windpipe it strengthens the parts, and renders them less liable to inflammation. When in the stomach, it purifies, dilutes, dissolves, and fortifies; it not only spreads and dilutes the aliments therein found, but renders the juices wholesome and nourishing, and dissolves all the salt, earthy, and sulphurous matter, by combining with these and clearing them away by means of evacuation. By its cleanliness, it refreshes. As a drink, it is the most suitable, for it allays thirst better than any other, at the same time it is an excellent digester, it prevents stagnation, and dispels all humours, and even filmous substances, found in the stomach. Drank in sufficient quantities, it subdues poison, by destroying its deadly power; for instance, a single drop of aqua-fortis burns the skin—mixed with a little water, it loses its corrosive power.

It refreshes, purifies, and fortifies the intestines, heart, lungs, and liver; it aids the free and gentle circulation of the blood and humours, from the large veins to the

smallest capillary vessels, in assisting the evacuation of all that is useless and hurtful.

In fact, as a good digestion and regular circulation of humours, by their reciprocal action fortify the nervous and muscular system, we can say that cold water makes the body strong and healthy, since health consists but in the free exercise of all the vital functions.

Hufeland, one of the most celebrated German doctors, in his *Macrobiotique*, or the art of prolonging human life, says:—

"Although water is sometimes despised, and often even looked upon as dangerous, it is, nevertheless, the best drink; and I do not hesitate in stating, that it is an excellent means of prolonging life. But the most essential thing is, that it should be fresh; for in its freshness there is a certain spirit, which in a peculiar manner renders it so digestive and fortifying. This, in mineral waters, and also in springs and wells, may be called Brunnen geist, or the Spirit of the Fountain. Fresh water has the following advantages, which are peculiar to it, and which ought to cause it to be esteemed and appreciated the more, it being the great dissolver, *par excellence*, of nature. Its cold temperature, and the fixed air, or carbonic acid, which is therein found, render it the best fortifier and vivifier of the stomach and nerves. This cold, and the fixed air, added to the saline substances which it contains, make it an excellent antibilious and antiputrid remedy.

"It aids digestion, but still more the secretions of the body, as without water there can be no excretions. In fact, according to all the new experiments, oxygen, the air so necessary to life, enters essentially into the composition of water: we might therefore with truth

say, that the water which we drink furnishes us each time with new vivifying matter."

In another place, the same author said: "Much has been written and spoken of panacea, or universal remedies; but I think the most certain and safest remedy is to be found in every clear spring in the bosom of nature; always fresh, always reviving."

To prove further the salutary effects of cold water, Hufeland gives an example of a Mr. Theden, Surgeon General to the King of Prussia, who assured him, that he owed the happiness of arriving at eighty years of age in good health, to cold water; that since the age of forty, he had contracted the habit of drinking daily from seven to eight glasses.

This respectable old man, from his thirtieth to his fortieth year, had been a martyr to hypochondria, which often produced profound melancholy. He continually suffered such beatings of the heart, and severe indigestions, that he thought he could not live six months.

However, directly he commenced this water diet, all his complaints disappeared one by one, so that during the second half of his life, he enjoyed much better health than in his youth.

Cold water suits every constitution, and all ages, both sexes, and all seasons.

According to the ancient doctors, there are four sorts of temperaments, or constitutions of the human body. The sanguine, the choleric or bilious, the melancholic, and the phlegmatic. A man of a sanguine temperament is very irritable and sensitive, but the sensations which he feels are changeable and of short duration; the will which makes him act is inconstant, wanting in firmness and resolution. This plethoric disposition,

that is to say, the predominant superabundance of his blood, so easy to irritate and inflame, imposes upon him the necessity of avoiding all sanguiferous or exciting aliments, and to drink a good deal of water, as the sole means of calming the effervescence of his blood, and facilitating the quiet and regular circulation of all the humours.

The man of melancholic temperament, in opposition to the sanguine, is less irritable and susceptible, but his impressions are more profound, a circumstance which easily renders him obstinate and inflexible, sombre and melancholy. Having thick blood, and being naturally subject to obstructions, particularly in the vascular system of the abdominal viscera, as also in cases of hemorrhoides, such persons ought most particularly to avoid all acid, indigestible and flatulent aliments; and should drink constantly of cold water in sufficient quantities to allay the blood and humours, to prevent the filling of the vessels, and to keep the bowels open.

Extreme irritability and susceptibility characterise the choleric temperament; a bilious man feels quickly and strongly; he is impetuous and easily excited: the predominant activity of the liver, and the habitual secretion of bile, render him subject to bilious and inflammatory diseases. It will be necessary for him to diet himself in a manner which will refresh the blood and humours, and diminish his great irritability, and the formation of too much bile; to do this, he must drink copiously of water, give the preference to vegetable, rather than animal food, and carefully avoid spices and spirituous liquors.

The phlegmatic temperament is opposite to the

bilious, and is distinguished by not being easily excited, slowness in all the movements, and by an inclination to inactivity and indolence. To prevent the formation of too much phlegm, which is natural to the phlegmatic individual, and obstructs the vessels and veins, he should also drink plentifully of water; but, at the same time, choose a more stimulating diet, in order to accelerate the tardy circulation of the blood and humours.

Water is suitable to all ages. It is above all in youth, when the blood begins to boil in the veins, that it is particularly necessary to have recourse to cold water to calm the natural effervescence of the blood. To allow young people the use of wine, or other spirituous liquors, is to throw oil into the fire.

In manhood, which naturally disposes us to febrile and inflammatory diseases, and old age, which brings induration and obstruction, there is no better way of preventing and remedying these evils, than to drink cold water.

Cold water suits all times and seasons. In summer it refreshes, in absorbing as much of the free caloric as is necessary to establish an equilibrium of temperature between it and the body; drank in great quantities, it aids perspiration, and is highly refreshing. In winter, it accelerates the tardy circulation of the blood and humours, by means of the veins and lungs, and decomposes a large portion of the air we breathe, in consequence of which, oxygen is absorbed by the blood, the hydrogen is exhausted, and the caloric liberated to augment the animal heat. In the morning, water repairs the loss which the fluids have sustained during the night, and assists evacuation. At dinner, it refreshes the taste, dilutes the meats, and makes them easy of

digestion. After dinner, that is to say, several hours after the meal, water facilitates and finishes digestion. At night, before going to bed, if taken moderately, it causes peaceful sleep, and is a guarantee against flatulency.

Effects of Cold Water used in Ablutions, Baths, &c.

The skin which covers our body, far from being simply a protecting envelope, serving mechanically as a defence to the subjacent parts, is one of the most important organs, the continual activity of which is an essential condition to health. It is too certain that this organ has been entirely neglected in our days, and has consequently become a source (too little known and appreciated) of most diseases.

As the last ramification of the nerves, which are the organs of sensation, terminates on the surface, the *skin* is the seat of one of the most powerful and most frequently employed senses, that of the touch, or feeling, by which we are put in contact with other bodies, and above all, with atmospheric air. By this, it may be easily conceived, that it is principally in the state and constitution of the skin that we shall discover the reasons for the degree of susceptibility in different diseases, the extreme sensibility of all persons to change of weather and temperature, such as draughts, (which are called rheumatic tendencies,) and also the facility with which so many persons are thrown into perspirations, and thereby exposed to continual colds.

Absorption and exhalation are two other important functions of the skin. These are effected by means of numberless pores which are seen on the surface, where

the hairs appear, and to which abut the orifices of numerous vessels that terminate there.

Absorption introduces incessantly into the animal economy, all kinds of fine and imperceptible substances, which enter more or less into the composition of the body.

Exhalation, or insensible perspiration, better called cutaneous perspiration, consists in the incessant evacuation of substances, which are no longer proper for the nourishment of the body. This insensible uninterrupted excretion, the produce of which is a vaporous liquid, that is only estimated by its smell and weight, is so great that, according to the most exact observations, the skin in a healthy state, without sweating, relieves the body daily of three pounds of used and corrupted substances. Now, the free exercise of all the excremental secretions being of the greatest importance to health, it is easy to conceive the evils that would result from the suppression and derangement of the perspiration of the skin; in fact, if the pores are obstructed, and thus prevent this cutaneous perspiration, the matter of which this excretion would have relieved the body is thrown upon the organic system, and causes all sorts of diseases.

On the contrary, the more active the skin is, and the more freely the insensible perspiration goes on, the less we have to fear from rheumatisms, catarrhal affections, &c. This will explain to us how it is, that in a very dangerous disease, one strong sweating only is sufficient to arrest its progress and cure it, by relieving the system from the unwholesome matter which had caused the disease.

Now, it may be asked, if it is possible to find a

better method of preserving the activity of the skin, and aiding the free exercise of perspiration, than pure cold water? Our ancestors being well convinced of this truth, and having put it into practice, enjoyed more vigorous and more durable health than we do. Nothing can be more astonishing than the fact, that in our days, when the cultivation of the mind, of sciences, and of arts are brought to such perfection, we still see this important organ, which necessarily requires such essential care, totally neglected, and the use of ablutions and cold baths, the only means of aiding the cutaneous function, fallen into such disuse, that the famous Hufeland, more than forty years since, complained that the greater number of men had never felt the salutary effects of cold water during the whole course of their lives, except at their baptism. It is true, we are still accustomed to wash our hands and face every day in cold water; but this is all we have conserved of the salutary ablutions and baths of our ancestors: these we observe carefully for the love of cleanliness, and to preserve the exterior, but we limit it to that alone, and are inconsiderate enough to neglect the most important parts of our bodies, as though they did not require being washed and purified. Being covered with clothes, we are blind enough not to perceive that if the corrupt and dirty matter from daily insensible perspiration, or from sensible sweating, is not carefully removed from the skin by washing, it increases and attaches itself to the skin, closes the pores, and obstructs the excretion so indispensable to health, and cannot fail to produce disease. We carry our imprudence so far as to relax and weaken the skin, in dressing too warmly during the day, and sleeping on

feather-beds at night, or by washing ourselves with warm water.

In regard to animals, we still wash and clean our horses, take our dogs to the river, and see that our poultry have plenty of water; but, as to ourselves and our children, an inconceivable blindness deprives us of the benefit of this indispensable element.

We often see our children languish and fall ill, but it never occurs to us that very often the only cause of this is an obstruction of the pores of the skin, arising from our negligence in not having purified it with cold water. Are these the fruits of the boasted cultivation of our mind, and of our profound knowledge?

But the use of fresh water is not restricted to purifying the skin and assisting perspiration; its salutary effects extend much further. It is true, as has already been said, that the first impression of cold water coming in contact with our bodies is disagreeable, caused by the absorption of the caloric, the contraction of the capillary vessels, and the rush of blood and humours towards the centre. The primitive action of cold water is to produce a sudden sensation of cold, shivering, a trembling of the limbs, and oppression of the chest. But we have also seen, that the activity of the organs concentrated inside, commences immediately a reaction towards the circumference, with sufficient force to loosen the contraction, to bring back the heat by degrees, to facilitate the circulation of the blood and humours, to assist the secretions and excretions, to fortify the muscles and nerves, and, in fact, to refresh, reanimate, and vivify, in a salutary manner, the whole system. Besides this, what other way, we may ask, is there of protecting our bodies from the dangerous influences from without,—

this body which we take so much pains, from our births, to render delicate and susceptible to the slightest current of air, and every change of the temperature? What means, it may be inquired, can be more surely, or more easily employed to fortify and harden, than ablutions and cold-baths?

The same Dr. Hufeland said, in speaking of cold-baths, "that they not only purify, not only vivify the skin, but refresh the body, and cheer the mind. That they fortify and protect from atmospheric changes, preserve the suppleness of the solid parts of the body, and the flexibility of its articulations, and, in fact, prolong vigour and youth, and defer decrepitude and old age."

It is for these reasons that the oldest doctors give their advice with respect to children, (not to do as the Russians, and other robust people, who plunge their new born infants into cold water,) but to familiarize them from the most tender age, with this salutary element, by washing the head and feet every day with water, not cold, but lukewarm, and diminishing daily, until fresh well water may be employed, and subjecting them, in winter occasionally, and in summer oftener, to cold-baths. These medical men know that there is nothing more proper to render children less sensible to colds, and other dangerous influences,—nothing better calculated to guarantee the straightness of the limbs, to fortify and harden, to protect against all sorts of cutaneous and other diseases, than cold water.

Wine, Spirituous Liquors, Beer, Tea, Coffee, &c.

Wine, as much for its colour, scent, and flavour, as for the other more essential properties which distinguish it

as a liquor, is unlike the juice of grapes, from which it is extracted and fermented, these being sweet, mucilaginous, and pleasing, whilst the wine is sharp, acid, and, above all, spirituous. It is this latter quality which makes it act in a particular manner upon the animal organization, by troubling the brain. It is precisely this intoxicating quality which renders it so dangerous as a drink, in causing physical as well as moral evil.

Wine is certainly not absolutely requisite, or Providence, which has so abundantly provided all the necessaries of life, would either have given rivulets of wine instead of water, or caused it to fall from the clouds. But its use, though seldom indulged in, is at the same time injurious, dangerous, and fatal, particularly to weak, delicate, sensitive, and irritable persons, and even in the case of plethoric individuals. The fallacy of wine being a digester has been long proved by the ancient doctors; in fact, if digestion only consist in dissolving and decomposing the aliments which are taken to form the chyle, as the real nourishing juice, and if this operation is so much more profitable and salutary when done quickly, how can wine aid this function, inasmuch as it is known that its essential substance is spirits of wine, which has the quality of preventing and retarding the dissolution and decomposition of animal substances? This every one can see in a cabinet of natural history, or even in every druggist's shop. Dr. Weikard was right in saying, wine certainly prevented aliments dissolving, and that it rendered them hard, and more difficult of digestion. Besides, the action of spirits of wine, which wine more or less contains, irritates the sanguine and nervous system, and causes inflammatory disease. Drank to excess, it causes thirst, feverish

heat, congestions, giddiness, and shivering, deadens the senses, and weakens and diminishes all the intellectual faculties. Even its moderate but continued use, often produces, sooner or later, painful consequences; it destroys the appetite, and weakens digestion. The membranes of the stomach and intestines thicken and harden, the liver and the glands become obstructed; the blood is corrupted, and the excretive and secretive organs relax, and become inert and languid. In fact, the more or less injurious effects of wine even moderately used, depends upon the health of persons drinking it, and the quality of the wine; it is certain that for children it is poison. They ought not even to touch it, (particularly sweet or dessert wine,) and then they would not acquire a taste for it. Youth should be habituated to drinking water only; then when wine is on the table, they will give the preference to the former. If they do drink a glass of wine, they ought to be recommended to drink a double portion of cold water immediately after. In manhood, all persons of a weakly, delicate, or plethoric habit, ought to drink it with great caution, not to make a daily practice of it; and those stronger, and advanced in age, and who are accustomed to wine, may continue it without fear, provided it is tempered by drinking water. Whoever may commit excess in drinking too much, ought also to drink a great deal of water to diminish the prejudicial consequences. In case of habitual drinkers rendered wise by experience, wishing to become water drinkers, they must guard against too sudden a change, and leave off wine by degrees.

Home-brewed beer is no other than a sort of vinous liquor, composed of hops and fermented barley, containing more nutritious than spirituous properties.

It is milder in its qualities than wine; a moderate use of it, when not adulterated, is not unwholesome for those who labour, or take a great deal of exercise; but drank copiously and habitually, it is highly prejudicial to phlegmatic and full habits of body, as well as to those who live high, and lead a sedentary life, because it weakens the digestion, causes flatulency, and corrupts the humours. Its excess produces all the pernicious effects of wine, besides a total relaxation of the stomach and the urinary vessels. It is a mistake to believe that beer strengthens the body; it is true it increases its size, but it does not produce strength, which does not consist in flesh, but in the muscles; too much fat prevents activity. Besides, that is never the kind of aliment which nourishes the body and produces strength; it is only that which the system has digested and assimilated. The constant use of beer, particularly porter, weakens the digestion, and destroys appetite; for it is an undoubted fact that beer drinkers eat much less, and digest slower and more imperfectly than those who drink water. Suppose, for instance, that a pound of bread and a pot of beer are sufficient for a day for a person who does not work much. If, instead of beer, you give water, then he must, at least, have two pounds of bread to satisfy him, because the effect of water is to digest better and quicker. If we reflect that the same portion of corn required to make one pound of bread, is sufficient to produce two pots of beer, it will become evident that the one who drank the water with his bread, had the essence of a pot of beer more than the other, without incurring any risk of weakening the stomach, or of corrupting the blood; his food is, consequently, more nutritious and more wholesome. Let

us consider, besides this, that most of the beer which is drunk is too new, and too little fermented, in which case it must impede digestion, and cause flatulency and diarrhœas; or it is too old, and ready to pass into an acid fermentation. Sometimes it is adulterated, and the hops are replaced by other bitter herbs, or mixed with aromatic or narcotic ingredients, all of which, in rendering it more agreeable to the taste, make the beverage a poison to the system, and cause, at least, headaches, cholics, or obstructions. It appears to me, that these considerations ought to be sufficient to inspire in us a distate for the best beer that could be offered, and induce us to prefer cold spring water for all ordinary purposes.

Brandy, Gin, &c.—All that has been said of wine extends also to brandy, gin, and other spirituous liquors; the more moderately these are used, the less prejudicial they will be to health; for the diseases produced by the habitual use of these spirits are of the most violent, obstinate, and hideous descriptions.

Thanks must be rendered to the noble efforts of the philanthropic societies of our days, for originating a barrier to this formidable evil, whose members impose upon themselves the duty of renouncing all spirituous liquors, and the task of making proselytes. The exertions of these benevolent individuals have already been crowned with the most happy success, even amongst our sailors. Should these examples continue to promote imitation, and should they, in fact, become general and engage people to approach nearer to nature, it will be found that cold water is the best beverage for the human system. Coffee and tea also, drank to excess, irritate and weaken the nerves; and when taken hot, which is

generally the custom, their evil influence becomes the more malignant and injurious.

If the female portion of the community knew how injurious these drinks were, principally because they are taken hot, how they spoil the skin, take away its delicacy, render it rough and yellow, and consequently cause them to lose before their time, their freshness of complexion, the colour of their cheeks, the coral hue of the lips, the whiteness of the teeth, and the brilliancy of the eyes, so as to imprint on the physiognomy the traces of premature old age; these reasons would, I am persuaded, be sufficient to occasion them to renounce these beverages, and drink only cold water; a resolution which would guarantee them against these losses, and preserve as long as possible to them all the charms of their sex.

To prove that there is nothing in all this, there are those who cite as examples, persons whom they see every day enjoying all the pleasures of the table, eating of highly-seasoned dishes, and drinking beer, wine, liquors, coffee, tea, &c.; indeed, all that is strong and spirituous, without experiencing the slightest inconvenience, or without their health appearing to suffer. To this it may be answered, that there are drunkards who have never taken a glass of water, but have swallowed every day large portions of wine and brandy; and gluttons, who have habitually filled their stomachs with food until they were nearly surfeited; indeed, persons given up to every excess, and who, notwithstanding all this, have retained the appearance of health, vigour, and strength, and have even lived to an advanced age; but it must be remembered that these examples do not form the general rule. They are but exceptions. If we draw the line of demarcation, we shall not find the twentieth

part of mankind who have the happiness of being by nature endowed with constitutions capable of resisting similar attacks, whilst nineteen out of twenty are weak and delicate, and cannot with impunity commit the least excess in eating or drinking.

As an established rule, without searching for exceptions, and without mentioning the abuses and disorders which the constitution is capable of supporting, I may thus sum up:—"Our faith is simple, and can be reduced to nearly the following maxim: whosoever desires to preserve health, to be quickly cured of accidental indisposition, and to prolong life as long as possible, should prefer plain food to that which is seasoned, too fat or too salt, should guard against swallowing any thing too hot, drink generally cold water, be lightly clad, avoid all artificial heat, take much exercise in the open air, and should abstain from the use of all drugs." When we are acquainted with the precious gift of cold water, we shall find that it allays our thirst, excites our appetite, assists digestion, diminishes our sufferings, cures our diseases, and delivers us from the evil effects of luxury, debauch, and medicine.

After having learned the salutary influence of cold water, externally and internally, and also the rarely innocent, but frequently pernicious effects of spirituous liquors; it becomes necessary to enter into some details relative to the life and general habits which we ought to observe, in order to facilitate and aid, as much as possible, the action of cold water upon our system. I, therefore, propose to finish this chapter by a short Hygeanic discourse, wherein I shall show what reason and experience teach us to do daily, in order to preserve our health.

The first thing that we ought to do on rising in the morning is to wash all over, not forgetting the head, with cold water, commencing by rinsing the mouth, and cleaning the teeth, then drinking two or three tumblers of cold spring water, and then washing the whole person. Those who are troubled with any thickness in the throat should gargle, and well rub the throat several times a day with water. It should be kept in the mouth as long as possible, at least until it becomes warm, often repeated; this is an excellent means of dissipating any obstruction in the throat, and of refreshing and fortifying its membranes. If some little cold is felt, this is easily dissipated by walking up and down the chamber a few times. After coffee or tea for breakfast, water ought to be drank to diminish their exciting effects. A tumbler of water taken an hour before dinner, sharpens the appetite and assists digestion. With respect to dinner, without being scrupulous about the choice of food, we must avoid all excess; taking care to combine animal and vegetable substances; meat alone is too nourishing, and thickens the humours; avoid all that is fat and indigestible, as well as salt meat and spices, because they produce acidity, and render persons liable to inflammatory diseases. It has already been said that every thing which is taken too hot injures the teeth and stomach. Animals, most of which refuse every thing hot, might be our example in this respect.

Priessnitz, no doubt, found this fact confirmed by experience, as he advises all his patients not to eat or drink any thing hot; and in cases of diseases of the chest, he only allows cold food. At table, cold water is, beyond doubt or contradiction, highly to be recommended. We may drink it without even feeling thirsty, or take as

much as we think requisite after dinner, in a sufficient quantity to dilute the chyle. There is no fixed rule for this; every one must study his own constitution, and find out that which suits him best. As for myself, I drink my portion of cold water during dinner, taking care to increase the quantity if the repast be more substantial than usual, or richer, that is to say, from three to five glasses during dinner. I have found this plan succeed admirably, and do not doubt but that it might serve as a general rule. It is well to eat slowly, and to masticate thoroughly. There is a German proverb, which says, "food well masticated is half digested."

Dinner should be a time for conversation and cheerfulness. All mental annoyance, every thing that produces anger or sorrow is bad; it renders the best aliments poisonous. A proper control of oneself is always desirable, but never more so than during meals. If too much has been eaten at dinner, two or three glasses of spring water will assist digestion. Immediately after dinner avoid powerful exercise, either of the body or mind; persons only accustomed to laborious occupations can, with impunity, return to their work immediately after this meal; but delicate persons, or those advanced in age, must take an hour of repose; whilst others who lead a sedentary life, should take a walk either in the open air or in the room.

Before going to bed, a glass of water and the rubbing of the body with a damp cloth, will be found highly conducive to sleep; and those who study their health, will endeavour to retire to bed by ten o'clock, as two hours before midnight are worth all the rest; and this enables people to rise early in the morning. Early rising is favourable to all descriptions of occupation.

There is a Latin proverb which calls *Aurora the friend of the muses.* What is more agreeable or more refreshing than a walk on a fine morning in spring? Five hours of uninterrupted sleep are sufficient for people in health. In winter we never ought to have our rooms made too warm, in order that we may not be exposed to sudden changes on going out of doors. The same observation applies to dress, which, though applicable to the season, ought to be as light as possible. Those accustomed to bathe in cold water every day, will not require flannel waistcoats, lamb's wool stockings, or any of those additions, which only tend to weaken the skin and render it more susceptible. Even the head, however great its sensibility may have previously been to rheumatism or colds, will, by means of washing with cold water, become hardened, and this will render any cap, whilst sleeping, unnecessary. Persons subject to head-aches should on no account sleep with the head covered.

Besides a liberal use of cold water, the salubrity of the air and exercise of the body are two great considerations for the preservation of health and longevity. Experience proves that those who are a great deal in the open air, such as sportsmen, gardeners, gamekeepers, &c., enjoy the most vigorous health and attain to the greatest age. With this view, we must take care to open our doors and windows, summer and winter, in order to air the rooms, and not allow a day to pass without devoting one hour, morning and evening, to walking or riding on horseback. This exercise and cold washing or bathing, with water drinking, are the sure means of obviating many of the diseases which persons who neglect them are liable to; it renders the human frame less susceptible to the changes of weather, &c., which are the cause of many diseases. But for those whose occupations are

of a sedentary nature, two hours of walking during the day are not sufficient. They must resort to some other exercise; such as in summer, bathing in a river, or working in a garden; or in winter, playing at billiards, riding on horseback, or dancing, or gymnastics, or in sawing or chopping wood. It is from the facility of procuring these exercises there, and of being continually in the open air, that the country is preferable to, and more healthy than cities.

Obstacles, etc.

It is notorious that the most salutary inventions for mankind, the most important discoveries and ameliorations, have always encountered the greatest difficulties, and have been so attacked on every side as to retard the progress of their propagation. Every age furnishes examples of this sad truth. I shall merely mention vaccination, invented in 1789 by Dr. Jenner. We know, notwithstanding the generally acknowledged salutary influence of this invention upon mankind, and confirmed as it is by experience, that its operations are still limited in our days to a very small portion of the habitable globe, and meets with adversaries even amongst ourselves.

After this, it is not to be wondered at, that the use of cold water as a beverage, and in the cure of disease, should experience the same fate here as everywhere else. This arises principally from prejudices, which present the most powerful obstacles to all change whether of habit or custom, and to all novelties, however little they may be opposed to our convenience, our imaginary interests or prepossessions. A moment's reflection will present to us four leading objections to the use of cold water.

First, *Ignorance of its consequences.*—Experience proves that the virtues of that which we have constantly before our eyes, and which we use every day, are unknown to us, or at least, are less known, and do not so much excite our curiosity to learn them as those things which are more abstruse and less useful.

Although in ancient and modern writings, the most learned and experienced doctors have praised and recommended cold water, as an excellent remedy in certain mortal diseases, there are, nevertheless, but few doctors who know its effects, who have ever given it a thought, or who have ever had occasion, or the wish, to learn. There are others, less good natured, and more learned, who are not ignorant of the healing qualities of cold water in certain diseases, but who refuse to make them known, from motives which I shall pass over in silence. However, sometimes medical men do hazard an experiment; and sometimes these experiments do not succeed. Why is this? Is it that the proper mode of applying the water cure is not known?—that the confidence necessary to obtain a happy result is wanted?—or, that the doctors alluded to have not employed cold water only, but preceded or followed it up with drugs?—or have used cold water, together with warm medicines? It may be, that they prescribe the use of cold water only internally, or only externally; and this last, perhaps at the greatest degree of cold, in the form of ice, the action of which, for many diseases, is too strong and too exhausting.*

* This injudicious administering of cold water is frequent enough, particularly in cases of cholera, where, however, cold water will perform miracles: and is, beyond all contradiction, the best remedy yet discovered, provided that it be employed with judgment.

Now, if this ignorance, or want of knowledge, in the use of cold water, exists among men of science, and persons whose business in life has been to find out the art of curing disease, it is not astonishing that others should know but little of its uses. It is not in the nature of things, that people in the ordinary walks of life should find out that for themselves, which properly belongs to the medicinal art; as such research must be unsuitable to those persons who in most cases want the capacity and discernment necessary to form an impartial judgment on the subject.

This is the reason why, at the present day, the healing virtues of water are so completely neglected, though proved and attested by the innumerable cures which have been effected. Its use, thanks to the efforts of professor Oertel, one of the most zealous of its partizans, has been better made known, and more practised amongst all classes in Germany; still the number of its friends is small in comparison to those who have no idea of its value. It is not uncommon to see ignorance engender scepticism, but to doubt, or rather not to believe, the curative virtues of cold water, and the extraordinary cures which are recounted by the most celebrated doctors, from Hippocrates to our own times, who, in their writings, have demonstrated the incontestable truths, would make us conclude, that the published reports on this subject, by the large hospitals of England and France, must be altogether false; that, in fact, the daily practice and experience of Priessnitz, and of so many others, were but illusions. It is much to be desired, that persons who will not believe this evidence, would resolve to try the experiment themselves, by drinking, for one week only, plentifully of

cold water, and making their ablutions with it every morning. Nothing is more certain than that their doubts would soon terminate, and that they would, in a short time, become convinced that all the reports of danger attending the drinking of water, after having eaten fruit, or anything fat, that it produces colds, weakens the stomach, or that it is dangerous to wash the body, or take a cold-bath in a state of perspiration, (*i. e.* passive, not that produced by exertion,) are false, and that such reports have not the slightest foundation.

Secondly, *Habitude.* — Nothing tyrannizes over us more than the power of habit. Nothing exercises a more pernicious influence over our ideas, opinions, and actions, than received customs. This may be exemplified by a few examples. Why do many doctors forbid fresh air in the chamber of the invalid, condemning the poor bedridden creature to inhale no other air than that which is corrupted by his own breath and perspiration? Why does he scarcely allow him warm water to quench his thirst? And why does he obstinately, and in a most cruel manner, refuse cold water when he so ardently desires it, and when it is in effect the only refreshment that may, with any security, be offered him, and which nature so imperiously demands? It is the effect of habit, and an ill-judged fear, produced by habit, which occasions this extraordinary conduct on the part of medical men.

How is it that we see others, particularly the old practitioners, obstinately persevere in following a system once adopted, and condemning, beforehand, any innovation that may be attempted to be introduced? Because old habits inspire a predilection for the one, and aver-

sion for the other system; because they are not accustomed to examine themselves, and to choose from the confused mass of medical doctrines and assertions those which experience proves to be true, and to have a solid foundation. The same causes produce the same effects on other people; they are all subjected to the influence of habit; they drink little water; they rarely wash the body from head to foot, and seldom or never take cold-baths. They are accustomed, on getting up in the morning, to wash their face and hands, without thinking of the rest of the body, solely from habit, contracted in youth; and it is from habit, then, that we neither esteem nor appreciate that which costs us nothing, and is to be obtained without toil or sacrifice, of some kind or other. This very fact is sufficient to satisfy people's minds that it is impossible that so simple, and so common an element as water should possess the marvellous virtue of cleansing the body from all that is pernicious to health, and re-establish order and regularity in all the vital functions.

It is certain, then, that we are the slaves of habit, and that custom prevails over reason; that we have not the *courage* to renounce all which, in our mode of life, is hurtful and dangerous to us, such as our habit of drinking spirituous liquors, which do not suit our constitutions, &c. Cold water always remains an object of doubt and indifference, or even aversion. Should we be tormented by some chronic or painful disease, which neither medical science, nor the pharmaceutic art, can deliver us from, notwithstanding the number of their resources, ingenious compositions, and foreign remedies, all of which they are so profuse in bestowing on us, we still prefer searching for other means of producing

health, and a deliverance from all our ills, in mineral waters, and in the celebrated hot-baths of foreign countries, rather than have recourse to cold water from our own springs, which alone, probably, would be the means of effecting a cure.

Thirdly, *Our comforts and luxuries are constant hinderances to the use of cold water.*—We must not be surprised to hear medical men declaim against the use of cold water, particularly in cases of illness; because this mode of relief presents difficulties and inconveniences to doctors, for to introduce it into practice, they ought to recommence their studies, which would be troublesome to all those who dislike application and fatigue. But it is still more singular and ridiculous to hear the declamations of other people, when they complain that it is disagreeable and inconvenient to drink so much water, because it is diarrhœtic; that cold ablutions and baths are troublesome and painful, that they cause people to feel cold and shivering. Then how can we answer these complaints? Will it be more agreeable to the taste to take purgatives, pills, apozems, and all the trash composing the mixtures of pharmacy, the very taste and smell of which makes the heart sick, without saying any thing of their problematical and uncertain effects, rather than use cold water only, which is in itself most agreeable?

Bleeding, leeches, cupping, issues, blisters, plaisters, and different ointments—will these be less painful and grievous than the constant use of cold water? But, here again, we have the force of habit; we are less sensitive to the disagreeable and painful sensations which the allopathic treatment produces upon our senses, because we are habituated to it, because we suffer and see others suffer every day from it, and have no idea of any

other mode of cure. But, say the individuals alluded to, we do accustom ourselves to cold, and in winter we expose ourselves without hesitation to the cold air, but washing the body with cold water, or taking a cold bath, is quite another thing. It is a novelty, a great bore; the idea alone is sufficient to make one shiver. Such is the indiscreet language made use of to decry one of the most salutary and beneficial discoveries ever made, and to frustrate one of the greatest benefits that Providence ever conferred on man. Others, excited by curiosity, or prompted by their sufferings, hazard some slight trial, but cold water cannot work miracles. If their first essay is not immediately crowned with complete success, they give it up, not having courage to persevere. They then declaim against water, and accuse their informants of falsehood.

Fourthly, *Interest.*—Interest, that demon who holds dominion over, and governs the world, exercises a power not less fatal or powerful over cold water; by preventing by every possible means its healing powers from becoming generally known. This demon is the more execrable, because his votaries are perfectly well acquainted with the value of cold water, but they will not allow humanity to enjoy the advantages that it possesses, for fear that their sordid interests might suffer.

It is natural to suppose that all persons interested in the sale of spirituous liquors and drugs, will not regard with indifference the introduction and propagation of any thing so simple, the use of which, when properly known, would be general in sickness, as well as health, inasmuch as threatening to ruin their livelihood, to cause their commerce and industry to languish, and to destroy those means of acquisition which have cost them

so dear, and the exercise of which had to the present time, procured them and their families an honest and easy subsistence.

It is not surprising that this portion of the community should complain bitterly, and cry out against a custom so terrible for them. But what shall we say of those men, who, by condition and vocation, are called to follow the steps of the ancient, wise, and venerable philosophers of antiquity? of those men, that were brought up and instructed at a great expense, and invested with the sacred dignity of being the preservers and restorers of the health of their brothers; of these men, who in their capacity of priests of Hygea, and sons of Esculapius, enjoy great consideration, and unlimited confidence with the public, and whose medical decisions are searched for, and followed as oracles; what shall we say to these men, (and unfortunately it is not difficult to find them,) who in spite of truth and their own conviction, and the science which they profess, declaim against cold water, decry its healing qualities, and, in fact, do not scruple to traduce the most sacred interests of humanity, to sacrifice their physical and moral well-being to a vile cupidity, a cowardly convenience, or a foolish vanity?

But, on the contrary, we should render honour and due gratitude to those noble and elevated beings among medical men, who are not accessible to any motives but those dictated by honour, truth, and the interest of humanity and science; who prefer to enjoy a moderate fortune, to enriching themselves at the expense of their consciences, and who, fearlessly render justice to the healing virtues of cold water, either by recommending

it in the practice of their profession, or in giving advice to the public in the capacity of publishers or reporters.

Advantages of Water in the cure of Disease.

It may easily be conceived, that the same properties which cause cold water to be excellent as a preservative, and in diet, ought also to be curative, and that its action upon the animal economy, ought not to be less advantageous in time of sickness than in health. The knowledge of the healing properties of water was not for the first time discovered in our days, it is almost as ancient as the world. But it is the mode of using it, the principles of its just application, based upon the theory of medical science, and adapted to practice; which until now has remained defective, or at least has been neglected and abandoned for ages. Even at the present day, the knowledge, notwithstanding the extraordinary, nay, wonderful success of Priessnitz, is far from the degree of perfection which it is capable of attaining, which will ere long result from the diligent researches of talented individuals divested of prejudices. One thing is certain, as proved by incontrovertible evidence, and that is, that cold water, without being a panacea, or universal remedy—which no where exists, nor ever will exist—produces the most salutary effects in the treatment of disease, not of any one disease in particular, but in the most part of diseases known or curable; and being properly applied, and in due season, it will cure better, more easily, quickly, and effectually, than any medical treatment that can be resorted to. To be convinced of this fact, we have only to

compare the action of water to that of drugs. The effects of all medical remedies are to depress, to calm, to irritate, to contract, to dissolve, and to purge. Can cold water alone produce all these effects? Yes, and not only these, but if we believe the testimony of the most celebrated doctors, it produces many, in a degree much more efficacious than can be attained by any other means, principally by its refreshing and sedative qualities.

These last qualities render it of such value in surgery, particularly at present, when the most skilful surgeons, in the greater number of accidents, employ only water. Cold water will stop hemorrhages, and prevent inflammation, and is alone used by Priessnitz in dressing wounds. Besides this, water has other advantages still more essential, and which give it such a great advantage over all other medicines. 1st, It is to be found every where in the world, and it can be procured in an instant in urgent cases, where life and death depend upon prompt assistance. 2ndly, Almost all the remedies used in medicine are not without reason suspected to have a topical effect upon the constitution, or to act too forcibly, or too violently, or to have injurious effects in troubling other organic functions, and in causing the invalid all sorts of pains, during and after the illness; and to make the recovery long and disagreeable, and the regaining of strength but slow. Cold water does not deserve any of these reproaches, as its cure is complete, sure, and effected without causing any of these lamentable consequences. To render this truth more palpable, I shall not deny myself the pleasure of placing before my readers the description given by Dr. Granichstädten, in his German work,

called "Hydriasiologie," Vienna, 1837, contrasting the cases of two invalids, one of which is supposed to be treated according to the ancient art of medicine, the other by cold water. He says:—"I imagine myself, then, to be presented to two invalids attacked by venereal disease in a high degree, who have already made use of mercurial remedies. I shall treat one after the allopathic or present system, the other after the new method of cold water; and we will now observe attentively the effects of the two different modes of cure.

"The follower of Hydropathy, subjected to all the processes and applications of cold water, which of necessity will expose him to the salutary influence of the air, will find his appetite, which he may indulge as much as he likes, and his gaiety, increase daily, and his pains and aches diminish; and when he becomes acquainted with the nature of the cure, he will feel a confident assurance of being speedily established in health.

"The amateur of mercury, on the contrary, is confined to his room, and put under severe diet, loses his appetite entirely, feels disgust for all kinds of meat, is also uncomfortable and melancholy, and finds himself getting worse and worse. The patient following the water cure enjoys a sweet and profound sleep, requiring to be awakened every morning to commence the operation of perspiring; the other passes almost every night without sleep, and in torment; the one has the pleasures of society and walking, whilst the other remains in his room. Then follow pills, electuaries, and ointments, which are ordered him; his teeth are loosened, and his mouth exhales a fetid odour, insupportable to

himself and all those who approach him: the one quenches his thirst with delicious water fresh from the spring or well, whilst the other is presented with slops, or at the best, with warm water.

"The body of the second is impregnated with mercury, which perpetually forms new and morbid matter, whilst the body of the first is not only entirely divested of the venom of the existing disease, but also of any mercury he may have previously taken, though it may have been ten years, or more, since he swallowed it, as this passes off by sweating, or by urine, &c. But the mercury itself is seen to discolour the linen that comes in contact with the body.

"In fact, the allopathic patient presents an object of compassion to all who may see him, whilst the other is gay, cheerful, and progressing daily to convalescence. The skin of the water drinker, perhaps, will not be entirely free; it will in all probability carry the marks of the ulcers which were necessary to carry off the venom from the body, but in these he ought to rejoice as proofs of his having experienced a radical cure; but these marks are so slight, that, on seeing them, no one would know that he had only just recovered from illness. On the other hand, look at the poor medicine patient: how exhausted and melancholy he is, how afraid of every breath of air, how fatigued by the slightest movement! The lightest food causes indigestion, and the very idea of the means adopted for his cure makes him tremble with horror. After all this, I will guarantee to the first perfect and constant health, provided he is prudent and remains faithful to the water; whilst I should be sorry to do the same by the other,

notwithstanding he may be most prudent in his conduct, and act up to the best rules that may be prescribed for him."

However, as the effects of fresh water are medicinal according to the various modes of application necessary in each disease, we must now examine them a little more attentively.

With respect to that which concerns the interior use of cold water, it has already been remarked that it is a prejudice, an error, to think that the drinking of cold water, with very few exceptions, can be prejudicial to invalids. Whenever he has an appetite and experiences thirst to require water, it is the voice of instinct, it is cruel to refuse the satisfying of this desire. In fact, cold water is not only the most refreshing and most delicious beverage for the invalid, in quenching his burning thirst, but once having entered into the system it seldom fails in its remedial powers, by manifesting its purifying, dilating, dissolving, and evacuative virtues, as well as the other salutary effects. There are diseases which are cured simply by drinking, and it is yet a problem to ascertain whether many cures attributed to medical draughts were not effected entirely from the circumstance of their being liquids, and consequently by the water which formed the principal element in the composition.

In support of this truth, we refer our readers to the enlightened doctor, Ratier, who, in his "Dictionary of Medicine and Surgery," says, "considered as a means therapeutic, water is of an indisputable efficacy, to it alone we often are indebted for certain cures, which resist all other means. It diminishes the heat of fevers, it gives activity to the secretions and exhalations, and

modifies their products. It would be a great advantage to the public, if the faculty gave publicity to these doctrines; which, if they know anything, they know to be true, instead of administering with such an air of importance, those slops from which they do not themselves expect any beneficial results; nor should they refuse, as they constantly do, a glass of cold fresh water, to relieve the devouring thirst of the poor invalid. It may be said, without exaggeration, that there are few diseases, which water, judiciously applied, will not gently relieve, and tend most essentially to cure."

The contrast we have alluded to cannot well fail to strike my reader with astonishment; I now leave him to decide which treatment is preferable, that of drugs and allopathy; of the cold water cure or Hydropathy.

CHAPTER XX.

The following is a List of Hydropathic Establishments up to the end of the year 1840.

1. GRAEFENBERG is the oldest of all the Hydropathic establishments. Priessnitz presides over it.

2. Freiwaldau is the next, conducted by Mr. Weiss, who began about the time Mr. Priessnitz did or soon after, and who has conducted an establishment ever since.

3. Karlsbrunn, situated between Freiwaldau, Jägerndorf, and Freidenthal, by Dr. Malik.

4. Weidenau, upon the Slopes of the Sudates, by Dr. Fröhlich. These four establishments are in Austrian Silesia.

5. In the Archduchy of Austria are Kaltenleutgeben, five miles from Vienna, conducted by Mr. Emmel, surgeon.

6. Laale, two miles and a half from Kaltenleutgeben, by Dr. Granichstädten, author of Hydriasiologia.

Bohemia.

7. Elisenbad, near Chrudim, by Dr. Weidenhoffer.
8. Dobrawitz, near Jungbunzlau, by Dr. Schmidt.
9. Leitmeritz, directed by Mr. Lauda, a surgeon.
10. Kuchelbad, near Prague, by Dr. Kanzler.

Moravia.

11. Czernahora, in the neighbourhood of Olmütz.
12. Sulowitz, near Brünn.

13. Hoznau, near Prerau.

14. Budischan, near Iglau.

15. Gross Ullersdorf, near Olmütz; Dr. Gross.

Hungary and Transylvania.

16. Peterwardein.

17. Oedenburg.

18. Hermanstadt; the directors of these three establishments are not known at present.

19. Muhlan, near Inspruck, in the Tyrol; by Dr. Fritz.

Prussia.

20. Oberrigk, near Trebnitz; three miles from Breslau; by Dr. Lehman.

21. Alt Scheitnig; one mile from Breslau; by Dr. Burkner.

22. Berlin; directed by Major Plehwe, partner of Dr. Beck.

23. Marienbad.

24. Bendler Strosse, No. 8, Berlin; by Dr. Moser; there is also a third establishment in Berlin.

25. Koethen; twenty-four miles from Berlin, recently formed by Mr. Falkenstein, author of a work entitled "The wonderful cures of Graefenberg."

26. Gorhrishowo, near Bromberg, in the Grand Duchy of Posen; by Dr. Barschewitz.

27. Kunzendorf, near Neurode, in the province of Glatz; directed by Mr. Niederführ.

28. Marienberg, near Boppart, in the neighbourhood of Coblentz, by Dr. Schmitz, editor of the journal on Hydropathy.

Bavaria.

29. Alexandersbad, near Wunsiedel, by Dr. Fikentscher.

30. Streitberg, between Erlangen and Baireuth.

31. Schäfflarn, some short distance from Munich, by Dr. Horner.

32. Munich, Nymphenburg Strasse, No. 86.

33. On the lake of Starnberg, directed by Dr. Schnitzlein, author of a work on Hydropathy.

34. Schallersdorf, a mile and a half from Erlangen, by Professor Dr. Fleischmann.

35. Dr. Oertel, Anspach.

Wurtemberg.

36. A mile and a half from Ulm; Dr. Bentsch.

Saxony.

37. In Swiss Saxony, a mile and a half from Pirna, in the valley of Bila; Dr. Muller.

38. Kreischa, ten miles and a half from Dresden; Dr. Stecher.

39. Muldenthal, a mile and a half from Frieberg; Director, Mr. Mundé, author of a work on Hydropathy.

Saxe Gotha.

40. Elgersburg, at the government expense; by Dr. Piutti.

Saxe Weimar.

41. Ilmenau, at the government expense; by Dr. Sitzler.

Brunswick.

42. Kaulnitz; the doctor is not yet named.

Poland.

43. Warsaw; Dr. Sauvan.

Russia.

44. St. Petersburg; Dr. Harnish.

Belgium.

45. Ghent, by a medical man. There is also an establishment in the immediate neighbourhood of Brussels. Names of both these practitioners unknown to the author.

France.

46. Dr. Bigel, Strasburg; and another establishment, recently formed, at Passy, near Paris.

This being the list for 1840, it is presumed the number of establishments have much increased, as during that year and the last, a great number of professional men visited Graefenberg, for the purpose of acquiring a knowledge of Hydropathy.

CHAPTER XXI.

ROUTES TO GRAEFENBERG.

First Route.

THE point to which the traveller from England ought first to direct his attention, is Dresden ; to reach this he may proceed as follows :—

London to Ostend by steam-boat, fourteen hours; Ostend to Liege by rail-road, seven hours; Liege to Aix-la-Chapelle by diligence, one day (posting requires the same time ;) Aix-la-Chapelle to Cologne by railway, four hours; Cologne to Frankfort by steam-boat, *via* the Rhine, two days; Frankfort to Leipsic by diligence, thirty-six hours; Leipsic to Dresden by railway, seven hours. Thence, Dresden to Breslau by diligence, thirty-one hours; from Breslau to Neisse by diligence, nine hours: at Neisse a small carriage, with either one or two horses, may be engaged for Graefenberg ; to reach which about four hours will be required.

Second Route.

London to Hamburg, fifty to sixty hours; Hamburg to Magdeburg by steam-boat, two days; Magdeburg to Dresden, *via* Leipsic, by railway, eight hours. Or from Hamburg, the traveller may take the diligence to Berlin, which makes the journey in thirty-six hours; and from thence to Dresden by railway, in twelve hours.

The outlay in actual travelling expenses, by either of these routes, without including provisions, will not exceed £10.

Third Route.

Persons proceeding to Graefenberg from the East, *via* the Danube, or from Italy, should make a point of reaching Vienna, and from thence continue their journey by railway to Olmütz, which occupies half a day; sleep there, and hire a carriage for Graefenberg: this forms the second day's journey. If they have occasion to stay, *en route*, they will find tolerable accommodation at Hansdorf, three hours' distance from their place of destination.

It is expected that the railroad the whole distance from Ostend to the Rhine, will be completed this year; and it is in contemplation to make a railroad from Frankfort to Leipsic, and another from Dresden to Breslau: so that the journey to Graefenberg will be accomplished with very little fatigue, and in a short period of time.

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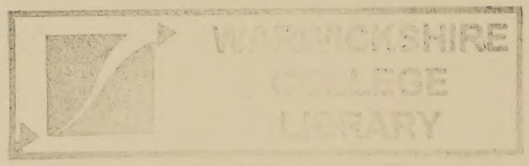
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